

Activity 11: Care for care providers

Activity	Objective	Time	Resources required
Care for care providers	Identify signs and symptoms of Secondary Traumatization, identify personal and workplace strategies to prevent and respond to Secondary Traumatization.	20-30 minutes	Flip chart, post-it notes or small pieces of paper, tape.

Objective: Participants will be able to identify signs and symptoms of Secondary Traumatization and identify personal and workplace strategies to prevent and respond to Secondary Traumatization.

Time: 20-30 minutes

Prepare:

Place 4 flip charts on the wall with three titles

1. Causes of stress
2. Impacts of work
3. Self-care
4. Workplace prevention and support

Required supplies: Flip chart, post-it notes or small pieces of paper, tape.

Facilitators instructions

This activity can be done at the beginning of the powerpoint presentation or throughout the powerpoint presentation.

- Provide all participants post-it notes or small pieces of paper with tape.
- Ask each participant to individually think about and reflect on their answers to each question and write 2 to 3 answers (or more) on 2 to 3 pieces of paper on each flip chart (meaning that only one answer should be written on each piece of paper).
- This exercise should aim to be by choice and anonymous, people do not need to answer they feel uncomfortable with and do not need to write their names. Discussion should be prompted, but not forced. For example do not say “who wrote this answer?” but do say “does anyone want to volunteer to explain this answer further?”
- As you go through the PowerPoint presentation, ask the questions, give participants time to write their answers and post on the flip charts, then read and review (some of or all) the answers on the flip chart and discuss.

Questions:

11.1 Causes of stress - Our work environment can be a major source of stress. What do you see as the biggest stressors in your work?

11.2 Impacts of work - How do you find this work – supporting survivors of sexual violence and intimate partner violence – impacts your emotional well-being, mental health and relationships? What do you notice about yourself when you feel overwhelmed, exhausted, drained or burnt-out related to work?

11.3 Self-care - what you can do to care for yourself? What do you do to take care of yourself, to care for yourself when you feel overwhelmed or burnt out?

11.4 Workplace prevention and support - What your team can do together for mutual care and support? What your organization or supervisor can do to support your well-being? What can your supervisor, colleagues and workplace do to support you to prevent Secondary Traumatization? Or support you if you are experiencing secondary traumatization? These could be things that are already happening, or things you would like to see.

Adapted from IASC 2017 Interagency Gender-based Violence Case Management Training and MSF OCA 2019 SV and IPV Field training curriculum