

Secondary Trauma and Workplace Stress



Secondary Trauma and Workplace Stress have the potential to be occupational inevitabilities of working in the helping profession. The latest research however, is suggesting that this does not necessarily need to be so. There are tools and strategies embedded in the latest physiological and psychological research that are helping us to understand how to keep ourselves well within the helping professions, in order to continue to do our best for the people we serve.

It is both our own personal responsibility to understand our own nervous system and tools for regulation as well as being an organisational responsibility, ensuring that policies and processes are in place that support the work force and avoid the risks of secondary trauma and workplace stress.

In this training, we will look at:

- What do we mean by secondary trauma and who is most at risk?
- When does positive stress tip into toxic stress?
- The well-trodden path from overwhelm to burnout.
- How stress presents a safeguarding risk.
- Being aware of emotional contagion and the importance of workplace culture.
- Why doughnuts in the staffroom are nice, but not the solution.
- The autonomic nervous system in relation to secondary trauma and stress.
- Understanding our own unique nervous system needs.
- Understanding the stress cycle and research informed strategies for completing it.
- Individual actions we can take to help ourselves.
- Organisational and leadership considerations.

This training will provide you with a platform to build upon. Knowledge and noticing are important first steps. You will leave this training with research informed strategies and resource ideas that will support you to protect yourself and others against the risks of secondary trauma and workplace stress.

22.04.2026 15.30 - 17.30pm



THIS IS A VIRTUAL TRAINING SESSION HOSTED ON THE TEAMS PLATFORM. TRAINING CAN BE DONE AROUND ONE SCREEN IF DESIRED, BUT WE WILL STILL REQUIRE ALL CONTACT NAMES AND EMAIL ADDRESSES OF STAFF ATTENDING.

Please contact courtney.hopson@gloucestershire.gov.uk to book onto this Virtual School Training opportunity.

Non-attendance or less than 3 full working days' notice of cancellation for online courses or 5 full working days for face-to-face courses will incur a cost of £100 per delegate at the discretion of the virtual school head. Contact courtney.hopson@gloucestershire.gov.uk to cancel. If you would like to attend but are unable, please contact us to discuss. We might be able to help.