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Debriefing as a Helping Professional: Strategies for Communicating Effectively About our Work

DESCRIPTION:

Research shows that effective and frequent debriefing opportunities significantly reduces the risk of secondary traumatic stress symptoms for professionals working in trauma-exposed environments.

Naturally, helping professionals want to talk about the difficult things they see and hear, however, sometimes instead of effectively debriefing, these conversations seem more like venting and offloading.

With a few simple techniques, helpers can transform these conversations into helpful dialogue for processing and reflecting on trauma exposure while reducing the risk of transferring secondary trauma onto others.

OBJECTIVES:

- Understand the signs of vicarious trauma and secondary traumatic stress
- Introduce the 4 Low Impact Debriefing communication guidelines
- Identify distinct purposes of effective debriefing
- Explore strategies for reducing the risk of vicarious trauma

Amanda Rocheleau is a Registered Social Worker in Ontario and a certified Compassion Fatigue Specialist with over 15 years of experience. Her private practice is based out of Ottawa, where she offers counselling and consulting services while specializing in supporting helping professionals prevent and recover from stress related issues as a result of their caregiving roles. Amanda has been featured as a speaker and trainer for over 500 professional and conference groups. Using an experiential based delivery approach, Amanda applies wellness concepts to "real life" work and personal situations. She teaches self-enhancing tools and strategies that can improve collective and individual health.

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