

## Trauma Doesn't Only Impact Our Clients: Building a Healthy Self-Care Habit

Trauma doesn't just impact our clients. If we are not careful, we can become burned out, fatigued, and leave the field from the day to day experience of our client's trauma. These experiences can also add to our own unresolved trauma. Creating a healthy self-care habit to mitigate these experiences should be a way of life and not something we do occasionally. This workshop will address the need to be aware of secondary trauma along with creating ways to better care for ourselves.



Laurie Eldred graduated with a Masters of Social Work from Grand Valley in 2009. She has over 10 years experience in the social work field covering the systems of Community Mental Health in Ionia, Child Protective Services in both Kent and Ionia County, Private Practice, Medical Social Work, Inpatient Substance Abuse treatment, and Corrections Mental Health. Each of these systems come with their own share of secondary trauma and building her own self care habits has been an in-depth process. Laurie is married with two children, practices mindfulness daily, enjoys yoga, being outside, or reading a good book at home.

**Date: Friday, March 6, 2020**

**Time: 8:45 a.m. - 12:00 p.m.**

**Location: GVSU Bicycle Factory, Grand Rapids**

**Presented By: Laurie Eldred**

**Cost: \$49**

**Register at [www.gvsu.edu/swce](http://www.gvsu.edu/swce)**

Recommended for LBSW and LMSW beginning skill level; for learning objectives and additional program information, please go to our web site.