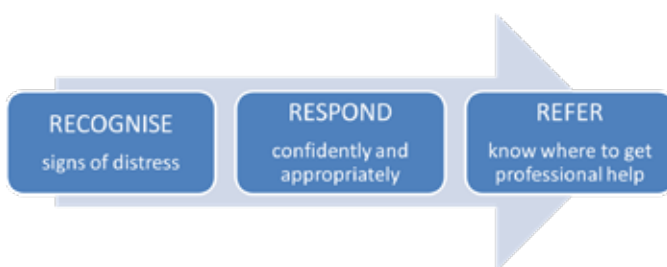




# Accidental Counsellor PLUS

Accidental Counsellor PLUS includes additional training on how to recognise the signs and symptoms of compassion fatigue, vicarious trauma and burnout. This training builds on Accidental Counsellor and adds to the skills required to be able to recognise, respond and refer. The focus is on the impact of supporting others and the protective factors that are important when taking care of yourself. Both self-care and self-awareness are framed as key elements in ensuring good health outcomes for accidental counsellors and people in positions of support.

## Learn to use the three R's model:



The Accidental Counsellor PLUS workshop is six-hours and can give you the foundational skills for when you need to provide emotional support.

## Learning outcomes:

Same as Accidental Counsellor,

PLUS

- Identify common signs of burnout, compassion fatigue and vicarious trauma in self and others
- Develop confidence to respond appropriately
- Understand strategies to protect yourself and others
- Recognise the impact of supporting others
- Recognise the importance of self-care and professional boundaries



Lifeline Northern Beaches is a not-for-profit organisation that provides free crisis support and suicide prevention services. Our specialised training programmes are designed to equip individuals with the tools to assist others who may be in crisis, improve their own levels of resilience, and know where to turn for help.

For further information  
contact the training team  
at Lifeline Northern Beaches  
Phone 02 9949 5522  
Email [training@lifelinenb.org.au](mailto:training@lifelinenb.org.au)  
[www.lifelinenb.org.au](http://www.lifelinenb.org.au)



Crisis Support. Suicide Prevention.