



TRAUMA STEWARDSHIP

Vicarious Trauma, Self-Care, and Preventing Burnout to Build Sustainable Careers in Anti-Violence Work

Working in the field of domestic violence and sexual assault prevention/response, you see your fair share of trauma each and every day. While the work is rewarding at times, it can also be exhausting, frustrating, and discouraging at times. High rates of turnover in the anti-violence movement make it more than apparent that as service providers, we could all use some guidance when it comes to navigating vicarious trauma and self-care to prevent burnout and build sustainable careers in this work. Join us for a day-long training to help facilitate the process!

FRIDAY,
SEPTEMBER 7TH
10:00AM-4:00PM

RENAISSANCE NORTH
HOTEL
11925 N. MERIDIAN
CARMEL, IN 46032

[CLICK TO REGISTER!](#)

Registration:

- Law Enforcement: \$0
- General: \$30
- Leadership (Invite Only): \$45

Registration includes lunch and continuing education (5.0 Behavioral Health CEUs or 5.0 Law Enforcement Training Hours)

If you have any questions or if you are unable to attend this training due to cost, please contact ICESA Training Coordinator Kirat Sandhu at kirat@indianacesa.org.

The "dress code" for this training is casual - think sweatshirts, yoga pants/leggings, etc.

The day will end with an hour of yoga/meditation/breathing so bring your mat!

Featured Trainer: Kaleigh Cornelison, MSW

Kaleigh obtained her Master's Degree in Social Work from Washington University in St. Louis with a specialization in Nonprofit Management. She has always found her greatest joy from facilitating learning opportunities for youth and adults that provide them with the skills and abilities to be successful in work and life. Kaleigh has had the privilege throughout her career to work in education, social work, non-profit management and healthcare. Her areas of practice include: trauma-informed care, youth development, diversity and bias, LGBTQ inclusion, dating violence, teen sexual health, communication, team building, leadership development, social and emotional learning, and facilitation skills.



Yoga Instructor: Nicole De Young - 3:00PM - 4:00PM

Nicole began practicing yoga in 2010, and quickly fell in love with the physical and mental challenge that the practice brought to her. Yoga re-centers the spirit and mind and brings unity to the soul. It is a gift and an honor to be able to share this ancient practice with others. Nicole likes to bring a sense of playfulness into class by introducing a variety of poses and encouraging others to feel free to play with it. Nicole completed her Yoga Teacher Training at CITYOGA with Marsha Pappas, Nikki Myers and Dave Sims. Nicole traveled to India in September 2015 to complete her 500 hour teaching training. Deepening her practice and expanding her knowledge on pranayama and meditation.



Leadership Track (Lunch)

Kaleigh Cornelison, along with DVN Executive Director Kelly McBride and ICESA CEO Tracey Horth Krueger will lead a lunchtime session (invite-only) specifically for fellow DV/SA agency leaders. This session will help leaders create more supportive workplaces that promote cultures of self-care and sustainability. We also encourage leaders to attend the remainder of this training in its entirety with their staff.