



# Victim Advocate Heal Thyself: Real Tools for Addressing and Transforming Vicarious Trauma

**May 5, 2017 • DoubleTree, Bay City**

Join the Prosecuting Attorneys Association of Michigan (PAAM), for an excellent one-day training “Victim Advocate Heal Thyself: Real Tools for Addressing and Transforming Vicarious Trauma”. This exceptional program is FREE of charge, for prosecutor-based Victim Advocates, PA’s and APA’s. All others interested may register for a nominal fee.

Helping people who suffer can be difficult, traumatic, and draining. Thousands of trauma professionals struggle with depression, obesity, immune disorders, addiction, and anxiety, frequently the result of vicarious trauma. In this workshop, you will:

1. Discover powerful, real life tools for addressing and transforming vicarious trauma.
2. Learn and practice effective techniques for self-soothing, renewal, and transformation.
3. Find out how to maintain life balance by nurturing six important dimensions of yourself.
4. Create your own personal vicarious trauma prevention and sustainability plan.
5. Uncover how to create a thriving, full, and cherished life free of vicarious trauma.

Your speaker, **Olga Phoenix, MPA, MA** is an internationally recognized expert and speaker on the topics of Vicarious Trauma, Compassion Fatigue, Secondary Traumatic Stress, and Trauma-Informed Services, as well as personal and organizational cultures of Sustainability, Self-Care, and Wellness. Through her books, trainings, webinars, and keynotes Olga helped thousands of victim advocates, therapists, substance abuse counselors, law enforcement, criminal justice and medical professionals to find their way to full and thriving life, free of vicarious trauma.

Olga is a creator of the Self-Care Wheel, a comprehensive wellness and vicarious trauma prevention tool, translated in several languages, and widely used in United States and abroad.

**Seating is LIMITED**

**Register NOW at:**

<https://michiganprosecutor.org/training/training-calendar>

**REGISTRATION DEADLINE: April 13, 2017**

**FREE REGISTRATION**  
Prosecutor-based Victim Advocates,  
PAs and APA’s, lunch included.  
Overnights on request.

**All Others, \$25 w/o overnight,  
\$100 with overnight**

**DoubleTree by Hilton**  
One Wenonah Park Place • Bay City, MI 48708  
(989) 891-6000

*“This training is supported by a Crime Victim Rights Award.  
This award was made to the Prosecuting Attorneys Association of Michigan  
by the Department of Health and Human Services, Crime Victim Services Commission.”*