



ICOY Vicarious Trauma Training Videos 14th December 2022

Training Videos

- **Mini Mediation**
 - o Link: https://youtu.be/cAMiBOvj_nY

- What is Vicarious Trauma
 - o Link: <https://youtu.be/L415Vt21NXI>

- Over the Cliff
 - o Full Lecture: <https://youtu.be/uOzDGrcvmus>

- What is Empathy by Brene Brown
 - o Link to Training Clip: <https://youtu.be/1Ewgu369Jw>
 - o Full Lecture: <https://youtu.be/psN1DORYYV0>

Supplemental Training Videos

- The Zone of Fabulousness (Highly recommended)
 - o Link: https://youtu.be/XLmxb2sc_Nc

- In Brief: The Science of Resiliency
 - o Link: <https://youtu.be/1r8hj72bfGo>

- How to Practice Emotional First Aid (Highly recommended)
 - o Link: <https://youtu.be/F2hc2FLOdhl>

- The Missing Ingredient in Self Care
 - o Link: <https://youtu.be/Eupk56SG76M>

- Intro to Vicarious Trauma by Dr. Gabor Mate (Highly recommended)
 - o Link: <https://youtu.be/A1i7m1By8Nw>