

TRAUMA-It Affects Us All

This year's focus will provide valuable insights into the various forms of trauma affecting many different groups of people interacting with each other every day.

Trauma is defined as “**experiences that overwhelm an individual's capacity to cope**”. There are many faces of trauma and it's impact can be far reaching and enduring. Many of our clients entering psychiatric care have been exposed to trauma and violence. As nurses, our goal is to reduce re-traumatization with effective and compassionate care. Another compounding factor is the degree to which secondary or vicarious traumatic stress impacts on nurses, often leading to responses of anxiety, depression and other survival strategies.

Every day, as we enter our work environments, many of us are faced with verbal/physical abuse from clients, horizontal aggression from peers and harassment and bullying from often overwhelmed or inexperienced supervisors, causing burn-out, PTSD, and reduced job satisfaction.

- **WILLIAM E. MacDONALD - My Boss is a Bully-** Bullying in the workplace has become a major issue for employees and employers. Learn your rights and responsibilities and develop a better understanding of what does and does not constitute bullying conduct.
- **CLAIRE WINSON-JONES - The Role of Secondary and Vicarious Trauma on Acquired Capability for Suicide as an Explanation for the Occupational Risk for Suicide and Mental Health Nurses** –This presentation explores the consequences of secondary and vicarious trauma on nurses as care -givers and provides a dialogue and discussion for the intriguing explanation for high suicide rates within the nursing occupation.
- **MARY MARLOW - Trauma Informed Practice - A Compassionate Care Approach to Work with People with Substance Use Problems-**Research shows that people with mental health and substance use problems experience higher rates of trauma and violence than the general population. Clinicians need to recognize possible trauma responses and understand our role in the trauma informed approach to decrease the risk of re-traumatization.
- **FIONA RAMSAY-Scope of Practice Update-** This session will provide invaluable information on psychiatric nursing activities in relation to standards, limits and conditions on practice
- **PLUS: 11 World Café Presentations** - Come and discover what your peers are doing in their workplaces to reduce trauma for clients and staff.

Registration Fee-\$75 Practicing Nurses \$25-Students and Retirees Registration costs are covered for UPN and HSA members. Hot breakfast and lunch included.

For more details and registration go to www.crpnb.ca
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