

Support/Mutual Aid Group with Staff

“Maintaining connections provides an antidote to the isolation many trauma service providers experience.”

“I believe that training in self-care is necessary to deal with the potential hazards of our professions. Stress, burnout, and vicarious trauma make us less effective in our work. Self-care practice mitigates these stressors and improves our well-being by helping replenish and regenerate our internal resources.”

*-Myra Giberovitch
Recovering from Genocidal Trauma*

Group Goals

These monthly virtual meetings, facilitated by Myra, will help staff to:

- Formulate their goals for the group.
- Have a safe and confidential space to share their thoughts and feelings related to their work.
- Debrief about emotionally challenging experiences.
- Support each other.
- Learn self-care practices to guard against vicarious trauma and burnout.
- Build vicarious resilience.

Intended Participants

Professional Staff

Duration

Monthly virtual 1½ hour sessions.

Biographical Note

Myra is a licensed social worker, educator, TEDx alumna and Adjunct Professor at McGill University. An international expert on working with Holocaust survivors and their families, she is the author of *Recovering from Genocidal Trauma: An Information and Practice Guide for Working with Holocaust Survivors* (University of Toronto Press, 2014). Myra is best known for her pioneering work on integrating strength-based interventions into trauma-informed practice and creating innovative services in collaboration with survivors of genocide and war.

In her private practice, Myra consults in program development, conducts case review meetings to help staff deal with complex case management and facilitates mutual aid groups with professional staff to help them deal with vicarious trauma and guard against burnout. She also conducts trauma-informed workshops for service providers in social service agencies, health care and refugee organizations who seek sensitivity training in their interactions with survivors. These custom- designed workshops filled with practical techniques draw upon Myra's 30 plus years of experience, research from trauma, neuroscience and trauma-informed practices and services. They educate participants about survivor related issues and enhance their practice skills and service delivery.

Myra is the daughter of Holocaust survivors and proud mother and grandmother of three children and seven grandchildren.

Contact Information:

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Videos:

TedxTalk: [Genocide Survivors: Contributors, Not Victims](#)