



AN ASSET-BASED APPROACH TO COPING WITH SECONDARY TRAUMA



SESSION 1 SEPTEMBER 6 OVERVIEW

Overview of study
Lunch
Pre-Test survey
Intro to Secondary Trauma

SESSION 2 SEPTEMBER 20 PANEL

Student CARES
Veteran Academic Resource Center
Victim Services
Counseling And Psychological Services
Student Accessibility Services
Wellness & Promotions

SESSION 3 OCTOBER 4 ASSET MANAGEMENT PLAN

The process of building resources as a benefit, tool, and a long-term plan.

SESSION 4 OCTOBER 18 CONTEMPLATIVE PRACTICES

The art of being present in the moment and be in control of our own minds.

SESSION 5 NOVEMBER 8 DEBRIEF/DELIVERABLE

Debrief
Present deliverables
Post survey
Wrap-up and other opportunities