



Courtesy of <http://tadtcarlrogers.wikispaces.com>

What's the difference between peer consultation and clinical supervision?

VTPCT is a **peer consultation** team, and not one of a supervisory nature. **Clinical supervision** involves in-depth discussion of client cases, and the supervisor has a relationship with the client by proxy through the supervisee. A supervisor/supervisee relationship is *evaluative* in nature.

In contrast, **peer consultation** involves approaching a colleague to discuss clinical matters informally and receiving feedback and suggestions. A consultant does not have a treatment relationship with a client as a supervisor/supervisee does. This type of relationship is *relational* in nature.

Who We Are

About Us

The Vicarious Trauma Peer Consultation Team (VTPCT) is a group of clinicians who are passionate about creating an infrastructure to support colleagues who are at risk for vicarious trauma in their work with clients.

VTPCT works to create a safe and nonjudgmental space to invite colleagues to process their feelings and thought processes regarding client care, maintaining collaborative and positive workplace relationships, self-care, and systemic changes occurring in the workplace in an effort to mitigate anxiety and improve morale. Consultations will be focused on specific issues and will not be a venue to vent or speak badly about the organization or colleagues.



VICARIOUS TRAUMA PEER CONSULTATION

Yamhill County Health & Human Services



VICARIOUS TRAUMA PEER CONSULTATION

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Meet the members of the VTPCT!



Marcy Berg (F&Y) x4837



Shawn Glidden (ABH) x 4876



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Brandie Lyday (ABH) x 4756



Zena Doherty (ABH) x 6023



Karla Meyer (F&Y) x4632



Raul Ramirez (ABH) x 4971

Signs of Vicarious Trauma:

Physical: Fatigue, tension, aches and pains, sleep and appetite problems, decreased immunity.

Emotional/Cognitive: Feeling disconnected, feelings of guilt or shame, helplessness, hopelessness, increased anger, irritability, resentment or cynicism. Shifts in thought patterns and behaviors.

What is Vicarious Trauma?

“Vicarious trauma happens when we accumulate and carry the stories of others’ trauma we have heard, which then comes to inform our worldview.” - Joyful Heart Foundation



Michele Crawley (F&Y) x 4675



Tammy Story (F&Y)x 4729



Zoe Pearson (F&Y/Sup.) x7547



Courtesy of <http://athleticgeuria.blogspot.com>

How to access the VTPCT

You do not need supervisory approval to contact the VTPCT, unless there are obvious programmatic needs that need to be met. Consultation is timely and private.

- Contact the VTPCT team member of your choosing via **email or phone** to schedule an appointment.
- Appointments are on an as-needed basis.
- Group processing is also available in the event of a traumatic world, national, or local event, client or staff death.
- Additionally, you can connect with our Employee Assistance Program (EAP) at www.myRBH.com