

## MARYLAND BOARD OF SOCIAL WORK EXAMINERS

### GUIDANCE ON SELF-CARE AND PREVENTION OF INDIRECT TRAUMA TRAININGS

**Please submit proposed training with responses to each of the following questions:**

1. Submit training title, learning objectives, and course description on the specific training.  
Course Outline: Must clearly describe evidence-based content and its relevance to social work.  
Learning Objectives: Should specify what participants will learn and how it applies to their licensed social work practice.
2. Explain how learning about self-care or indirect trauma prevention strategies will be incorporated into the social workers' practice.
3. Explain how the self-care or indirect trauma prevention training benefits the specific clients in their treatment.
4. Ensure self-care and indirect trauma prevention topics align with best practices with documented evidence-based, well researched materials, etc.
5. Instructor Qualifications: Bachelor, Master, or Doctorate Degree in Social Work from a Council on Social Work Education accredited program or advanced degree in a discipline that frequently collaborates with social workers (medicine, pharmacy, psychology, counseling, legal, human service management, etc.) and has demonstrable expertise in social work and in the approved program being offered/provided.

#### **SELF-CARE AND PREVENTION OF INDIRECT TRAUMA - **ACCEPTED****

Bottom line is this training benefits social workers in providing appropriate services to the client/patient.

#### **SELF-CARE AND PREVENTION OF INDIRECT TRAUMA - **DENIED****

Bottom line is this training cannot be focused on **DOING** specific activities of self-care or the prevention of indirect trauma.

**NOTE:** Indirect Trauma includes Vicarious Trauma, Burnout, Compassion Fatigue