



NEW SOUTH WALES  
BAR ASSOCIATION

# *Are your cases traumatising you? Understanding and managing vicarious trauma*

**Presented by:**  
**Robyn Bradey**

**Chaired by:**  
**Peter McGrath SC**

**NSW Bar Association  
Common Room**

**5.15pm Wednesday 9  
November 2016**

**1.5 HOUR SEMINAR  
1.5 CPD POINT IN THE  
PRACTICE MANAGEMENT AND  
BUSINESS SKILLS STRAND**

Many of us regularly deal in our professional lives not just with difficult clients and witnesses, but with distressing subject-matter: murder, sexual assault, catastrophic injuries, mental illness, the abuse of children....the list goes on. The normal strains of dealing with difficult cases can cause stress which starts to permeate into all areas of your life. Vicarious trauma is a phenomenon which is now well-recognised.

In this presentation you will learn about what vicarious trauma is; how it arises from a neuroscience perspective; signs that you may be suffering from it; steps you can take to minimise its impact, including practical steps to avoid or minimise the trauma to you of difficult or distressing material; how to notice signs that a colleague may be affected, what to do and how to intervene helpfully and effectively.

Robyn Bradey is a Mental Health accredited counsellor in private practice with over 36 years' experience. She consults to the UK Bar Training Advisory Council, NSW Bar Association, NSW Law Society, Legal Aid NSW and the NSW and Commonwealth DPP Offices as well as numerous other private and government agencies and organisations; she regularly presents to lawyers on a range of areas from mindfulness and resilience to mental illness and suicide prevention.

**THIS SEMINAR IS OPEN TO MEMBERS OF THE NSW  
BAR ASSOCIATION**

**REGISTRATION IS NOT REQUIRED**

For more information, please contact Tiffany McDonald  
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**cpd** Continuing Professional Development