



**DAY FIVE– FRIDAY, JULY 1, 2022– 2:00 PM**

## **Rough Waters: Building Resilience in a Sea of Trauma**

### **Session Description:**

Together we will explore the effects of exposure to others' trauma on ourselves and our work. We will define Vicarious Trauma, review the signs and symptoms, and discuss ways in which we can build resilience in the midst of this often heart-heavy work.

### **BIOS:**

Kim Barbarji is a non-profit professional who has spent the majority of her career working in human services, from supporting survivors of domestic/sexual violence, at-risk foster, adoptive, and kinship families, families experiencing homelessness, and the state-level systems serving children/youth victims of crime. For several years, she has been an active volunteer with organizations supporting both resettled refugees, as well as asylum seekers. In Fall 2019, Kim spent 5 weeks in the E. Aegean region of Greece, working with Non-Governmental Organizations on the front lines of the refugee crisis, providing training on Trauma/Vicarious Trauma, coordination team consultations on volunteer welfare, and offering direct support through 1:1 sessions. She currently works as the Executive Director of the small, grassroots organization, Hampton Roads Refugee Relief, as well as a freelance consultant and trainer in Williamsburg, Virginia