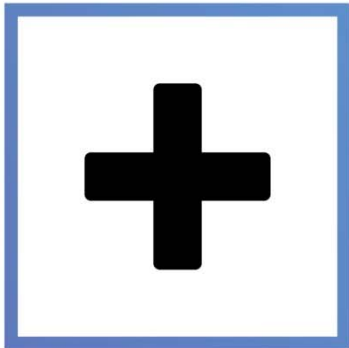


**STORIES FROM THE FIELD:
NAVIGATING THE
EMOTIONAL LANDSCAPE
OF PROGRAM
EVALUATIONS**

CAROLINE TOMICZEK & POPPY WISE

URBIS



**SECONDARY TRAUMATIC
STRESS DISORDER**

VICARIOUS TRAUMA

BURNOUT

PERSONAL SELF-CARE

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graph TD; A[PERSONAL SELF-CARE] --> B[Physical or behavioural strategies]; A --> C[Relational strategies]; A --> D[Cognitive strategies]; B --> B1[Jogging]; B --> B2[Drawing]; B --> B3[Yoga]; B --> B4[Breathing]; B --> B5[Nature]; C --> C1[Talking to friends]; C --> C2[Talking to colleagues]; C --> C3[Talking to a professional]; C --> C4[Pets]; C --> C5[Being with family]; D --> D1[Books]; D --> D2[Music]; D --> D3[Movies]; D --> D4[Journalling];
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Physical or behavioural strategies

- Jogging
- Drawing
- Yoga
- Breathing
- Nature

Relational strategies

- Talking to friends
- Talking to colleagues
- Talking to a professional
- Pets
- Being with family

Cognitive strategies

- Books
- Music
- Movies
- Journalling

PROFESSIONAL SELF-CARE

- Peer counselling and debriefing
- Acceptance and commitment therapy
- Reflective practice
- Mentoring
- Stress and coping education
- Employee Assistance Program

When studying emotional topics we become... 'vulnerable observers'. By confronting the joys & horrors of others' experience, we face the joys & horrors of our own experience. Because of this, we must ask ourselves before embarking on such a subject: am I prepared to take on another's full humanity and explore and unveil my own?

**TILLMANN-HEALY
AND KIESINGER, 2001**



THANK YOU

PWISE@URBIS.COM.AU

CTOMICZEK@URBIS.COM.AU