

Strength Amidst Trauma Work: Investigating Resilience and Sustainability in Therapeutic Practice.

Key dates	Survey will be live from March 23rd to end July 2026
Participants sought	<ul style="list-style-type: none"> • Licensed therapists, counsellors, or psychologists • Currently providing or have experience providing trauma counselling • A minimum of 1 year experience providing trauma counselling • Individuals over 18 years of age
About	<p>Bravehearts and Bond University are inviting trauma therapists to participate in a research project exploring the rewarding and sustaining aspects of working as a trauma counsellor.</p> <p>While much research has focused on burnout and secondary trauma, less is known about the processes, practices, and strategies that make this work rewarding and sustainable.</p> <p>This study aims to explore:</p> <ul style="list-style-type: none"> • How therapists experience reward and meaning in their work. • Which organisational supports and individual strategies enhance sustainability. • How different practice contexts shape these experiences. <p>If you choose to take part, you will be asked to complete an online survey. The survey includes both multiple-choice and open-ended questions and will take approximately 30-40 minutes to complete. At the end of the survey, you may also elect to take part in a follow-up interview to explore your experiences in more depth.</p> <p>Findings will help inform evidence-based approaches to workforce wellbeing, training, and professional support.</p>
What is involved	<p>Participants will be asked to complete an online survey. The survey includes both multiple-choice and open-ended questions and will take approximately 30-40 minutes to complete.</p> <p>Participants may choose to skip any text question they do not wish to answer (simply type N/A in the text box).</p> <p>At the end of the survey, participants may also elect to take part in a follow-up interview to explore their experiences in more depth. It is anticipated that interviews will be take one-hour. Participation in the interview is optional.</p>
How to get involved	<p>Online survey link: https://bravehearts.limequery.com/362442?lang=en&newtest=Y</p> <p>NB: Flyer attached, including QR code</p>
Institution and investigator contact	<p>If you have any questions about the study, please contact:</p> <p>Researcher: Carol Ronken, Director of Research, Bravehearts: research@bravehearts.org.au</p> <p>Any concerns or complaints about the conduct of this study should be direct to:</p> <p>Bond University - Human Research Ethics Committee 14 University Drive, Robina Qld 4226 Email: mailto:ethics@bond.edu.au Phone: +61 7 5595 4194</p>