



# WICKLANDER - ZULAWSKI INSTRUCTOR INSIGHTS



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Instructor

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## INSTRUCTOR INSIGHTS 2023 SCHEDULE

OCTOBER 6  
NOVEMBER 3  
DECEMBER 1

### LIVE on Youtube

Join us on the first  
Friday of every month  
at 9:00AM Central Time



SCAN HERE  
TO VISIT  
W-Z.COM

## SELF-CARE FOR THE INVESTIGATOR

As professional investigators, we strive to conduct our interviews in an ethical manner with special attention to ensuring our interviewee is comfortable, showing empathy and support, and trying to mitigate any further traumatization. We often interview those who are severely traumatized - crime victims, victims of workplace violence or harassment, offenders who have committed crimes or violated company policies due to external pressures. We understand and empathize with the things with which our interviewee might be dealing, but what about us? What happens to us when we hear about traumatizing events day in and day out? Will it affect us?

## KEY TAKEAWAYS

- Trauma does not have to be personally experienced to have an effect.
- Repeated exposure to the trauma of others can have a detrimental effect on the investigator.
- Understand warning signs of Post-Traumatic Stress and that PTS is a NORMAL reaction to ABNORMAL circumstances – our brains protect us.
- Learn how to mitigate the impact of what we see and hear daily, and the benefits of focusing on self-care.
- Understand that we need to have the same empathy for ourselves as we have for our interviewees.