

Designing and Implementing a Psychoeducational Group Program to Support Social Workers at Violence Prevention Centers

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Abstract:

Social workers at Violence Prevention Centers are regularly exposed to emotionally charged, high-risk cases involving victims of domestic and gender-based violence. This constant exposure places them at significant risk for professional burnout, secondary traumatic stress, and empathy fatigue. In response to these challenges, this study introduces a structured 11-week psychoeducational group program aimed at enhancing emotional resilience, self-awareness, and professional coping strategies among Violence Prevention Centers personnel in Türkiye. The program integrates cognitive-behavioral techniques, mindfulness, trauma-informed approaches, and expressive therapies to create a holistic framework for personal and professional support. Each session targets specific themes such as burnout identification, stress regulation, emotional expression, boundary-setting, and self-compassion. Data derived from participant feedback, session observations, and reflection tools provide early evidence of the intervention's impact on enhancing self-regulation and reducing distress. This model contributes to the development of trauma-informed workforce support systems in high-demand psychosocial settings.

Keywords:

Psychoeducation, secondary traumatic stress, social work, burnout prevention, group intervention.