

## What is VOA|ReST Immersive?

Immersive alleviates moral distress and supports people's resilience through a daylong, small-group, peer-facilitated process within a workplace or organization.



## What can I expect from VOA|ReST Immersive?

Moral distress is a response to high-stakes situations when harm occurs that is difficult or impossible to fix. Immersive lowers that distress by using mindful breathing and guided meditation; writing exercises and group sharing about morally troubling experiences; positive group bonding via shared values; and tips on maintaining resilience and wellness. On-site facilitator training can be added to the program for sites interested in continuing the small group process beyond initial engagement.

## How is VOA|ReST Immersive effective?

Immersive promotes resilience through the support of peers and helps participants feel calmer, better connected to others and themselves, and more resilient.

## Who benefits from VOA|ReST Immersive? What organizations or situations does Immersive help?

Immersive is for workplaces and organizations with staff whose work serving others involves high stakes or whose life circumstances create moral conflicts that are hard to resolve. Immersive can help foster more supportive and sustainable cultures.

## How do I learn more?

Contact us to get more information about Immersive, including pricing and options to customize VOA|ReST Immersive to your needs. We will work together to identify a process attentive to your organization's context.

Contact Sam McAllister at: (703) 341-5059 or [smcallister@voa.org](mailto:smcallister@voa.org)

For more information, visit [www.voa.org/moralinjury](http://www.voa.org/moralinjury)

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