

### WELCOME TO THE FIRST NEWSLETTER FROM DAVAAR CONSULTANCY.

This newsletter will be sent through email to you or your organization each quarter.

Our intention is to make this newsletter as interactive as possible. We invite you, our readers, to assist us with the content. Ideas about themes which we will introduce in each newsletter (such as professional boundaries, professional identity and professional supervision) develop when dialogue is created, when positions can be challenged and when some common ground can be identified for all of us to progress.

We envisage this information will be concise, interesting and provocative, and we invite you to help us create that dialogue.

### WHO / WHAT IS DAVAAR CONSULTANCY?

The directors of Davaar Consultancy, Dr Wendy H. McIntosh PhD and Colleen Reid are psychiatric nurses who between them have over 60 years in the field. Wendy trained in Scotland in the 1980s. Colleen trained in New Zealand in the 1970's.



Since training both have wandered around different psychiatric hospitals and mental health facilities in Australia. In future newsletters we will share more of our professional backgrounds and interests.

Five years ago Wendy & Colleen decided to combine their experience as clinicians and educators and started Davaar Consultancy.

Since its inception, our company has been developing its offerings in a number of different areas. The company has also been steadily developing continuous working relationships with a number of organizations.

### WHAT DO WE DO?

- **Two day workshops**

We offer a number of 2 day workshops which are currently run from The [Moreno Collegium](#), Brisbane, Queensland Australia. Themes we cover in our workshops include: *Professional Boundaries, Workplace Bullying, Working with Clients who Self Harm and Teamwork Made Easy*. You'll find links to workshops we are offering this year on the last page.

In each of our newsletters we will offer some background for each of the workshops we offer.

### TAILOR MADE TRAINING FOR YOUR ORGANISATION

Many organizations ask us to develop specific workshops or training programs for their staff. These can be run over one day, two to three days or over many weeks.

Contact us:

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*Learning with Integrity,  
Passion & Fun*

*What is meant by the terms boundary transgression, boundary crossing and boundary violations? Find out by visiting our online training tool at:*

*<http://Davaar.com.au>*

*How common are boundary transgressions?*

*A review of British Newspapers for a period or two weeks in April of 2010 located 6 stories relating to professional boundary transgressions.*

*Issues identified included: gifts received by teachers from parents of children, sexual relationships between teachers and secondary school students, one nurse who was convicted of manslaughter, one male psychiatrist accused of sexual advances towards male clients.*

If you are interested in what we offer, contact us by phone or email and one of our consultants will talk with you about your training requirements. We then tailor make a program to suit the specific needs of the organization and staff.

Two popular 8 week programmes (1.5 hours per week) that we run for organizations have been our *Transition to Mental Health* and *Safe Professional Boundaries when working with clients diagnosed with borderline personality disorder*.

- **Professional Supervision**

Currently Davaar Consultancy supports 7 professional groups for regular professional supervision (fortnightly or monthly). This supervision is run either in the organisations premises, or at The Moreno Collegium in Coorparoo.

Wendy & Colleen also conduct one to one professional supervision. In this age of technology we also offer professional supervision through Skype, allowing us to work with clients via the internet wherever they may be in the world.

- **Online Training Tools**

This is a relatively new area of development for Davaar Consultancy. We currently have an [online training tool](#) available giving offering extensive information on Professional Boundaries.

It is a fun tool to work through as there are a number of brief videos that highlight boundary moments, as well as reflective questions to stimulate awareness of

possible boundary transgressions for individuals / groups.

*Background to the online tool: - From Wendy ....*

*“the idea of an online training tool on professional boundaries has been growing in me for many years.*

I started delivering workshops on professional boundaries in 2005. As I engaged with increasing numbers of participants who came to these workshops – it became clear to me that the area of boundaries resonated with individuals and with organizations.

Based on feedback from workshop participants, a number of ideas emerged on how to disseminate relevant, useful and enjoyable learning on boundaries. An online tool was one of those ideas”.

The tool has been developed to increase self awareness on this significant area of professional role development. As the developers of the tool, Colleen and I have avoided being too prescriptive as we recognize each situation is unique and thus the individual in the moment must decide on the best intervention in terms of maintaining safe boundaries with the client, clients family and or friends and their own colleagues.



#### RECOMMENDED READINGS

In each newsletter we will recommend books / articles / a DVD / or online material that offer relevant information on a range of themes that are of interest to us here at Davaar and thus we hope of interest to you, our readers. We welcome your ideas on recommended professional development material that we can include in the newsletter.

Wendy’s recommendation for this newsletter is: Doel, M., Allmark, P., Conway, P., Cowburn, M., Flynn, M., Nelson, P., Todd, A. (2010). Professional boundaries: Crossing a line or

entering the shadows. British Journal of Social Work, Sept. 2010 - 40, 1866-1889.

In this article Doel et al (2010) discuss their findings from information they gathered via a number of resources including codes of practice, formal literature and telephone interviews with regulatory and professional bodies re the decision making process used by health professionals in relation to professional boundaries.

I found the article informative and supportive of a common theme I have identified in work I have been doing with health professionals who have transgressed the professional line. Many of those health professionals were guided in decisions they made about boundaries not from their codes of practice or regulator guidelines but from their sense of what was “the right thing to do” for the client (and / or themselves). We welcome your thoughts.



#### PUZZLE ME DO

As part of our commitment to having fun while learning – we will include one puzzle each newsletter that relates to the themes we are interested in exploring with you. If you like the world of brain gymnastics (crossword, word find, anagrams .... and so on) and you wish to send a puzzle in to the newsletter then please do so.

#### EXCITING DIRECTION FOR THE FUTURE

Davaar Consultancy now has a new home of operations. The premises are based in Laidley, Queensland, Australia. The aim of establishing a base for the business in this corner of Queensland is to be able to offer support and consultancy to organizations in this area where staff may find it difficult to travel into Brisbane.

We will also continue to conduct workshops and supervision work from The Moreno Collegium in Brisbane while we extend in this developing area of Queensland. The address of the new premises is 184 Patrick Street, Laidley, Queensland. We will be able to consult with people in our offices there as well as run workshops. Stay tuned for further developments.

Until our next newsletter,

*Wendy McIntosh & Colleen Reid*

**Directors - Davaar Consultancy**

#### NEXT ISSUE

You can expect the next issue of this newsletter in June 2011, and we welcome your input.

If you have something you would like to contribute to the next issue, please email us by Monday 6th June 2011.

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**DAVAAR WORKSHOPS SCHEDULED IN 2011. CLICK ON A WORKSHOP TO READ MORE. OR TO DOWNLOAD A FLYER.**

DATE	WORKSHOP	LOCATION
May 5 – 6, 2011	<a href="#">Role Theory: Working with Clients Diagnosed with Borderline Personality Disorder</a>	Moreno Collegium
July 21 – 22, 2011	<a href="#">Solution Focused Approach</a>	Moreno Collegium
July 28 – 29, 2011	<a href="#">Being Close While Being Distant: Safe Professional Boundaries with Clients, with Colleagues</a>	Moreno Collegium
August 9 – 10, 2011	<a href="#">Strengthening Professional Identity when Experiencing Workplace Bullying</a>	Moreno Collegium
Sept 15 – 16, 2011	<a href="#">Cutting in, Cutting Through, Working with Clients who Self Harm</a>	Moreno Collegium
Sept 22 – 23, 2011	<a href="#">Role Theory: Working with Clients Diagnosed with Borderline Personality Disorder</a>	Moreno Collegium
Nov 3 – 4, 2011	<a href="#">Being Close While Being Distant: Safe Professional Boundaries with Clients, with Colleagues</a>	Davaar Consultancy
Nov 17 – 18, 2011	<a href="#">Cutting in, Cutting Through, Working with Clients who Self Harm</a>	Davaar Consultancy

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