

Looking After Ourselves with Tenderness



\$330.00 incl GST

2-Day Workshop 29 & 30 October 2018

0830—1630 | Venue: TBA Roma

Introduction

This two day workshop will focus on ways to look after ourselves as we provide care for the clients we see.

Using experiential learning (psychodrama) a number of themes will be explored during the day including resilience and self care. The content will be contained within the framework of professional boundaries.

Having clear boundaries with clients, family of clients, colleagues and peers is one way of looking after self. In this workshop the facilitator will integrate the importance of being tender with oneself in order to have tenderness for and with others—even when experiencing high levels of stress.

Objectives

Earn 13 CPD Points

- ≡ To understand the link between professional boundaries and self care
- ≡ To explore how intrapsychic, interpersonal, organisational and broader systemic factors can influence the professional role you have with another
- ≡ To discuss the importance of transference and counter transference to guide self care in professional relationships
- ≡ To understand the link between resilience, stress and boundary transgressions
- ≡ To understand how the experience of tenderness with self is an effective way to self care
- ≡ To identify strategies to assist and manage stressful situations and the professional relationships.

Roma, 29 & 30 October 2018 : 0830 - 1630

Registration Form & Tax Invoice

Costs : Workshop \$330.00 including GST of \$30
 Please print clearly to ensure we can complete your registration.

Professional Boundaries: Your Safety, Our Business

Participant Name			
Mobile Phone		Email	
Work Phone		Alternative Email (optional)	
Home Phone		Position	
Workplace			
Paid by	<i>Self</i>	(Circle one)	<i>Organisation</i>
How did you hear about our trainings? (optional)			

Registration requirements: Payment must accompany your registration for this workshop. Pre-reading material will be sent to you upon receipt of your registration and payment.

Cancellation policy: Refunds will not be issued. If you are unable to attend the workshop, someone else may attend in your place. Please notify Debb Quinn at debb@davaar.com.au or **0490 949 25** immediately if there is a change of workshop attendees.

Immediate Registration: To book your place immediately, email your scanned and completed registration form to debb@davaar.com.au

Registration form & cheque, or money order may be mailed to:

Davaar Consultancy Training & Development
 PO Box 37 Laidley QLD 4341

Or pay by direct deposit to:

Bank - Bendigo - Account Name: Davaar Consultancy
 BSB - 633-000 - Account number: 153356290

Schedule: Registration opens: **0830** - Workshop times: **0900 - 1630**

Location: TBA Roma, QLD 4350

Meals: Tea & Coffee will be available.