

# Looking After Ourselves with Tenderness

Earn 6.5 CPD



## *1 Day Workshop 15 March 2019*

0900-1630hrs Registration & Welcome from 0830hrs

*Venue: 45 Clarence Street Coorparoo Brisbane*

### Introduction

Come along and explore with us the benefits of bringing tenderness into your life. Tenderness for you and for the clients you work with.

This one day workshop will utilise experiential learning and small / large group discussion to journey through main themes important to health care providers: Vicarious Trauma & Compassion Fatigue, Boundaries and Transference, Limbic System and Attachment. A number of techniques from psychodrama will be used to assist participants become more aware of the workload they **carry in their bodies** and more importantly strategies that they can use to assist decreasing the experience of body overload. Tenderness will be a thread that weaves through and links the themes of the workshop.

### Objectives

- ≡ 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 vicarious trauma, 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.

# Looking After Ourselves with Tenderness

## Registration Form & Tax Invoice

Costs : Workshop \$330.00 including GST of \$30

Please print clearly to ensure we can complete your registration.

Participant Name			
Mobile Phone		Email	
Work Phone		Alternative Email (optional)	
Home Phone		Position	
Workplace			
Paid by	<b>Self</b> (Circle one) <b>Organisation</b>		
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](mailto:debb@davaar.com.au) or **0490 949 425** 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](mailto: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:** **45 Clarence Street Coorparoo Brisbane**

**Meals:** Tea & Coffee will be available, lunch provided.



**About the Facilitator** Dr Wendy H McIntosh PhD (RGN, Grad. Dip. MH., MN, Group Leadership Cert, Cert IV Workplace Assessment & Training). Dr McIntosh has delivered workshops on boundaries at state, national and international conferences and has two papers published on the theme. With an extensive history of working in mental health (clinical, research & education), Wendy conducts regular individual and group supervision and is past President of the Australian, Aotearoa New Zealand Psychodrama Association, Qld Region. Dr McIntosh has also provided a number of webinars for LPD which have all been well received by clients.