

Looking After Ourselves with Tenderness & Acting with Courage

Choose between a 4-hour introductory workshop (£75), a 6-hour workshop (£120), or a 12-hour deep dive workshop (£240)!

26th & 27th June 2020 & 4th July 2020

Presented by



“Life changing, people centred, honest & evocative”. “This was the most engaging and empowering workshop I’ve ever done – due to Wendy’s incredible way of organically facilitating the learning, and enable insights to naturally emerge...”

**How do you hold the boundary and find the courage to say ‘No’ when needed?
What does self care look like and why is it so important?**

Our popular trainer [Wendy](#) develops the following themes:

- Vicarious Trauma/Compassion Fatigue
- Transference & Counter Transference – what happens between you and your clients
- What your Limbic System is for and how it responds to stressful situations
- Burnout – why it happens and how to reduce the risk

Learning Outcomes include:

1. To explore tenderness and the meaning it has for us in our professional and personal lives
2. To understand the **importance of tenderness in professional boundary work**
3. An appreciation of the role of courage in our professional practice
4. An awareness of the theory underpinning themes of vicarious trauma, boundaries and transference.

Sessions 2 and 3 will cover the above in more depth and the following:

- To explore how **vicarious trauma, compassion fatigue and stress** may challenge the notion of being tender with self
- To identify and begin to practice **strategies for maintaining boundaries** with tenderness for self and clients (thus **decreasing risk of vicarious trauma, compassion fatigue**)

Hours shown are UK times (GMT)

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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	Self (Circle one) Organisation		

Registration requirements: Payment must accompany your registration for this workshop. We will confirm attendance upon receipt of your payment. A link to the zoom meetings and your pre-course reading material will be sent by one week before the course starts.

Cancellation policy: Refunds will not be issued. If you are unable to attend the workshop, someone else may attend in your place. Please notify Wendy Ledoux 07481 922394 immediately if there is a change of workshop attendees.

Immediate Registration: To book your place immediately, email your scanned and completed registration form to training@linguistpd.co.uk.

Pay by bank transfer to: By BACS (bank transfer) Wendy G E Ledoux | sort code: 07-02-46 | a/c no. 08393764, or **Paypal:** wendy@linguistpd.co.uk

Course date(s): **Friday 26 June 2020 09:15-13:30** (with a break) | **Saturday 27th June 09:15-13:30** (with a break) | **Saturday 4th July 09:15-13:30** (with a break) **Times shown are UK (GMT)**

You won't want to miss these invaluable workshops! Our students in last year's workshop found the training "life-changing", "inspirational" and "empowering", as well as "tender" "nurturing" and "loving".



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.