

via  
ZOOM

# Looking After Ourselves with Tenderness & Acting with Courage

\$440.00  
incl GST

Wednesday 16, 23, 30 September 2020

0900-1300hrs (includes a break) each module Eastern Time (ET)



“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?**

Facilitator Dr Wendy McIntosh PhD explores the following themes:

- **Vicarious Trauma/Compassion Fatigue**
- **Transference & Counter Transference – what happens between you and your clients**
- **Your limbic system—your friend**
- **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**)

12 CPD