

# Looking After Ourselves with Tenderness

Presented by

Linguist 

Davaar Consultancy

## 1 Day Workshop 16 June 2018

Venue: Resource for London 356 Holloway Road N7 6PA

### Introduction

This one 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 Vicarious Trauma and Transference / Counter Transference. 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 6+ 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 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

**Saturday 16 June 2018 : 0930 - 1600**

**Resource for London, 356 Holloway Road, London, N7 6PA**

**Registration Form & Tax Invoice—Costs : Workshop £105**

Please print clearly to ensure we can complete your registration.

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

**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 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](mailto:training@linguistpd.co.uk) or [debb@davaar.com.au](mailto:debb@davaar.com.au).

**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](mailto:wendy@linguistpd.co.uk)

**Schedule:** Registration opens: **0930** - Workshop time: **1000-1600**

**Location:** Resource for London, 356 Holloway Road, London, N7 6PA

<http://www.resourceforlondon.org/4-seminar-room>

**Public Transport:** <http://www.resourceforlondon.org/contact-us/>

## 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.