

## **Self-Care in the Helping Professions**

An Embodied Gestalt Approach

Friday 19<sup>th</sup> – Saturday 20<sup>th</sup> November 2021

9.30am – 5.00 pm

**'Working with survivors of complex trauma can be extremely challenging and demanding. Practitioners need to be mindful that repeated exposure to trauma narratives can lead to vicarious traumatisation or secondary traumatic stress. It is essential that practitioners understand the impact of working with complex trauma and professional self-care'** (Christiane Sanderson – 'Counselling Skills for Working with Trauma')

'People in the helping profession are aware that the better they take care of themselves the more they will be able to be truly empathic, compassionate, and helpful to those they work with and care for. This has been particularly evident over the last 18 months given our experience of the Covid – 19 pandemic and its impact on us personally and professionally and has placed Medical, Health and Social Care Professionals and Practitioners working on the frontline in the most demanding and challenging situations. This Workshop will take an embodied gestalt approach in working with the whole self, not simply the contents of thoughts and beliefs. The workshop will be experiential and participative and with small and large group exercises

It is designed for Medical , Health and Social Care Professionals and Practitioners including those working in hospitals, educational and community and voluntary sector settings.

**Date** – 19<sup>th</sup> – 20<sup>th</sup> November 2021.

**Max number of participants:** 8

**Venue:** Dublin Gestalt Centre, 66 Lr Leeson Street, Dublin 2

**Cost:** Costs €180 per person including tea and coffees.

If you wish to book a place, please email [sandramullen2002@yahoo.com](mailto:sandramullen2002@yahoo.com) for an application form or if you need further information, please contact Sandra Mullen at 086 4171912 or Mary J Egan 087-9772316 and [mxegan@gmail.com](mailto:mxegan@gmail.com).

Facilitators – Mary J Egan and Sandra Mullen

**Mary J Egan – B.SOC.SC. CQSW, DIP PSYCH, DIP BIOSYNTHESIS, MIAHIP, MICP, CORU REGISTERED SOCIAL WORKER**

**Sandra Mullen- M.Eq, Dip Gestalt Psychotherapy, Dip Life Coaching, Dip Addiction Studies MIAHIP, MICP, MIACP**

Further Details for Mary J Egan and Sandra Mullen are available on the Dublin Gestalt Centre Website: [WWW.gestalt.ie](http://WWW.gestalt.ie)