



Self Care in the Helping Professions Creating a Self Care Resource Bag With Gillian Downie and Melanie Beer

What draws us into the helping professions? Often a need and desire to care for others. What often gets missed is care for ourselves. This can lead to exhaustion, depletion and burn out.

We have a responsibility to ourselves and our clients to actively care for our body and soul. This workshop will offer specific ideas to support ourselves through movement, breath, imagination, art and sound. By the end of this workshop, participants will have had the opportunity to try out exercises and identify which ones support them, and what they want to put in their 'self care resource bag'. Making our own bags and filling them will be part of the session.

“The more resources we have, the more the client will pick up on and use, even on an implicit level, through their mirror neuron system.” Taylor, 2014:190

We welcome all people caring for others, including arts therapists, play therapists, counsellors, psychotherapists, teachers, those who care for family members, support workers, and other health professionals.

“Jung recognized that the psyche can best be heard, attended to and befriended by our engaging in some form of creative and imaginative play....Jung always recommended the practice of an art form to an analysis” (Pearson, 1996:42)

- DATE** Monday 27th April 2015
- VENUE** Gestalt Centre Wales, 10 Hocker Hill Street, Chepstow,
NP16 5ER
- TIMINGS** Arrive from 12.40pm for a 1.00pm prompt start, finishing
at 4.00pm
- COST** £20.00 (early bird fee) if booked by 1st March 2015,
otherwise £30.00
- BOOKING** Please contact Gillian on g.downie2@ntlworld.com or
07855 140 713
- CANCELLATIONS** If you cancel more than 14 days before the
course you will receive a 50% refund. No
cancellations or transfers otherwise.

Refreshments (including alternative teas) available
Booking Ref No. GCW-15004