



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 analysand” (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