The AASW invites you to our series of three workshops embodying self-compassion in social work. Join Katie Carter for this opportunity to resource yourself with information and practices focussed on sustained wellbeing in each of us. Journey through embodied approaches to self-compassion and self-regulation, grounded through personal exploration of mindfulness, self-kindness and shared humanity. After personal exploration we can begin to share more authentically with our client groups.

**The Workshops**

- Add evidenced based tools to your resources during this session and feel more confident that you are able to support yourself and clients in identifying self-kindness in their lives.

- Breathing practices, emerging from Eastern traditions offer validated support for self-regulation particularly as it relates to stress, pain, anxiety, depression and PTSD. Learn how to lead a client in a basic 3 Minute Breathing Space to support self-awareness and self-regulation.

- There is an increase in the research, discussion and incorporation of ‘lived experience’ within the social work. This workshop we focus on the integration of personal and professional learning.

**THE PRESENTER**

Katie Carter holds a BSW, MA Human Rights, PhD Candidate Curtin University, and is a Yoga & Mindfulness Teacher. Katie is the founder of Womenkind (www.womenkind.com.au) and is Practice Leader of Mental Health & Trauma Services at Anglicare WA

**WHO SHOULD ATTEND**

Social workers and other community workers who are interested in exploring a qualitative research exploration which draws on mindfulness, social work and human rights together.

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Visit AASW WA Events for more information