

A One Day Workshop Presented by Ruth Crowley Brown

Mindfulness and Emotional Self Care for Social Workers



WHEN	Tuesday 26 June 2018 9.00am—4.15pm	
WHERE	C&K (Training Rooms 1 & 2) 257 Gympie Road, Kedron Q 4031 <i>Please note there is no parking onsite, however plenty of street parking in Sadlier & Emerald Streets and Leckie Road.</i>	
COST	Member- \$190.00 Student Member- \$90.00	Non Member-\$240.00 Student Non Member- \$110.00
	<i>Notes: All prices inclusive of GST Fruit platters will be provided for morning & afternoon tea with a fully catered lunch.</i>	

Key ideas and practices from a number of different therapeutic modalities will be explored using theoretical presentations, group discussions and experiential exercises.

1. Overview of neuroscience and brain 'plasticity'. Mindfulness in a secular mental health context; followed by mind/body awareness exercises, including the practice of meditation.
2. Psychoanalysis and the characteristics of unconscious defences; exploration of the 'externalising' process, and the skill of 'active imagination'.
3. Cognitive behavioural therapy: the nature of 'cognitive distortions'; exercise investigating 'automatic thoughts', and the skill of 'positive self-talk'.

Meditation, active imagination and positive self-talk are process-orientated skills, and are useful both individually, and in combination. Once mastered they can be accessed as micro-skills and embedded into everyday working life as a prophylactic against stress. They can also add value to the more content-orientated '*reflective practice*' because of their analytical focus on internal states.

Learning Outcomes?

- Understanding the concept of neuroplasticity: with conscious focus and practise it is possible to achieve an inner 'systems update' and replace old suboptimal habits with healthier new ones.
- Understanding key Mindfulness concepts: mind/body integration, 'observing mind' vs. 'monkey mind', and focus on the 'here & now'.
- Understanding key Cognitive Behavioural Therapy concepts: 'psychological time', cognitive distortions and automatic thoughts.
- Understanding key Psychoanalytic concepts: conscious & unconscious processes, the unconscious infantile mind, and the nature of adult defences against emotional pain.
- Understanding the Narrative Therapy concept of 'externalising the problem'.

Spaces on this course are strictly limited so register now to avoid disappointment.

[Register Here](#)