

A one day skills-development workshop

Skilful use of mindfulness in therapeutic work with clients and individual practice



Pictured: Skilful use of mindfulness workshop, April 2016

WHEN

Thursday, 7 February 2019

9:00am – 4:30pm

Includes catering and refreshments

WHERE

AASW Melbourne office

Level 7, 14-20 Blackwood Street,
North Melbourne

COST

\$170 (member) \$120 (AASW Students)

\$230 (regular) \$140 (AASW New Graduates)

CPD HOURS

6.5 CPD hours ****FPS Relevant Activity****

Category 2: Skills and Knowledge/Workshop.

Registrations limited to 26 people.

This workshop is repeated annually due to popular demand. Presented by Gabrielle Perversi, this workshop is ideal for social workers working in mental health, hospitals, schools, aged care etc., with some basic knowledge of mindfulness. Conceptual and experiential, the workshop will increase a skilful and intentional use of practices to support specific aspects of therapeutic work. There will be opportunity for direct application to client presentations.

The topics will cover:

- Deepening social workers understanding of mindfulness as a fundamental support to mental health
- Engaging in a range of mindful practises in session
- Exploring mechanisms by which various practises relieve stress and increase insight
- Enhancing capacity for the skilful and intentional use of practices to support specific aspects of therapeutic work through conceptual and experiential learning experiences

Meet the presenter

Gabrielle Perversi is a Clinical Psychologist with clinical, counselling and consulting experience; she has worked in substance abuse and addiction, rehabilitation and pain management, for government departments, in general counselling, and tertiary education settings.

She is experienced in the provision of psychotherapy, supervision, mindfulness practice and mindfulness training program's. She has offered mindfulness training in a university setting for the past 10 years. Gabrielle has completed the MBSR and MBCT Facilitator Training, and has also facilitated an Interpersonal Mindfulness Program.

The benefits of mindfulness to therapeutic change, to therapeutic relationships and to therapist wellbeing are known to her through research findings, and through personal and professional experience.

Visit <https://www.aasw.asn.au/events/event/skilful-use-of-mindfulness-in-therapeutic-work-with-clients-individual-practice> to register or for more information or phone 9320 1012 or email aaswvic@aasw.asn.au

This event is presented by the Australian Association of Social Workers (VIC BRANCH)