



the minster centre
psychotherapy • counselling • training

THERAPISTS AND SELF-CARE

SASHA BATES

Saturday 7th April 2018 : 10am – 5pm

Recent research suggests that caring for others can impact on health - your own, and that of your clients. This workshop will explore the science behind this claim, whilst also offering opportunities to experience the counterbalancing effects of self-care.

Self-care can be an alien concept to those whose empathic temperaments have led them to a career in which they prioritise others at the expense of themselves. Compassion fatigue, vicarious trauma, emotional contagion, or burnout can result and lead to depression, anxiety, addiction, and physical illness. As a therapist, it can feel shameful, and might even suggest that we can no longer do our jobs. We often ignore our own needs, and feel guilty at saying no to others and yes to ourselves. Neuroscience, polyvagal theory, right brain to right brain communication, and much of the current research is showing that our bodyminds and nervous systems non-verbally communicate our lack of self-care to our clients, affecting their ability to experience us as a safe, holding, regulated presence.

This workshop will enable you to:

- Discuss the somatic consequences of your self-care choices on you and your clients;
- Explore the impact on your health, happiness and career longevity;
- Engage in experiential exercises – how effective is your current self-care;
- Influence your nervous system, improve polyvagal tone, and learn to ground with yoga, breathing and meditation practices - all proven methods of self-regulation.

Please bring a yoga mat and, if possible, a blanket, and wear loose clothing. Most injuries and ailments can be adapted for, just let us know in advance.

COST: £95 (non-members) £80 (members).

Please contact reception@minstercentre.org.uk to reserve a place.

Venue: The Minster Centre, 20 Lonsdale Road, Queens Park, NW6 6RD.

CPD CERTIFICATES WILL BE PROVIDED

The Minster Centre - Pioneers of Integrative Training since 1978

We are proud to offer a unique perspective on psychotherapy and counselling training, as we combine a strong theoretical integrative grounding with an emphasis on the importance of experiential learning.