



# THERAPIST SELF CARE

## BECOMING A (SELF) COMPASSIONATE & PSYCHOLOGICALLY FLEXIBLE THERAPIST



THE  
PROFESSIONAL  
DEVELOPMENT  
PEOPLE

<b>9:00 – 10:30</b>	What the research say about compassion and being a compassionate therapist? The evolutionary process of the threat response, and types of affect regulation systems. Why compassion focus and self-care? Experiential Exercise
<b>10:45 - 12:15</b>	Shame and self-criticism. Externalising and internalising- softening of self-criticism. Looking after your mind and your body. Experiential Exercise
<b>1:00 - 2:30</b>	Q and A feedback from morning session. Attention Training: noticing and attending to attention by breathing. Staying with the experience. Experiential Exercise
<b>2:45 - 4:15</b>	Your compassionate self; slowing down yourself and your clients. Compassion imaging; creating a compassionate being. Compassionate letter writing. Experiential Exercise
<b>4:15 – 4:30</b>	Evaluation and closing



Mary Sawyer is a psychologist with wide experience as an ACT therapist. In Sydney she works in private practice and is one of the most experienced and foremost ACT therapists in Australia. She has trained with leading ACT researchers and clinicians in Australia, Britain, New Zealand, the Netherlands, Italy and USA.

Mary is a peer reviewed ACT Trainer and former board member of the Association of Behavioural Science (ACBS) and regularly presents at ACBS World Conferences. She applies ACT working with a variety of psychological problems such as; depression and anxiety, grief and loss, PTSD, addictions, adult survivors of sexual abuse and relationship issues. Mary is committed to enhancing ACT clinical skills by facilitating workshops such as you are attending today, and by providing supervision. She is the convener of a monthly ACT discussion group in Sydney that provides ACT therapists mentoring and assistance in developing case conceptualization.

**SYDNEY: 14<sup>th</sup> May 2015**

UTS FUNCTION CENTRE Level 7, 235 Jones St Ultimo NSW 2007

**MELBOURNE: 11<sup>th</sup> September 2015**

MANTRA ON RUSSELL 222 Russell Street, Melbourne VIC 3000



ACA endorsed

AASW endorsed

The APS advise that APS Members may accrue Continuing Professional Development (CPD) hours by participating in activities that they determine to be relevant to their specific professional approaches and professional development goals. CPD activities do not need to be endorsed by the APS.

This workshop is for you, the therapist. Whatever you are doing, whatever your clinical background, Mary will focus on meaning and well-being. Whether you are an ACT therapist or not, shaping yourself how you wish to be in session and in your personal life can be a struggle. Compassion and connection with your clients develops with clinical experience, for some with ease for others with struggles. Applying the same principles of care and compassion to yourself can be more challenging.

Part of this experiential workshop will give you the space to be yourself, and experience the appetitive and affiliative processes that may show up in therapy or your personal life. The other part will give you some skills to take with you to make meaningful changes to your life and to your clinical practice, no matter how small for the betterment of yourself and those you serve.

This workshop will draw from the work of Paul Gilbert, founder of Compassion Focused Therapy (CFT). The healing properties of compassion have been written about for centuries, including the Dalai Lama who connects compassion with happiness. CFT is an integrated and multimodal approach that

draws from evolutionary, social, developmental and Buddhist psychology, and neuroscience.

The aim of the workshop is to help you develop an internal compassionate relationship with yourself to replace the blaming, condemning and self-critical one and be able to explore this further with your clients.

Shame and self-criticism are trans-diagnostic problems. A key element of CFT is related to the observation of individuals prone to high levels of shame and self-criticism. These individuals can find it very difficult to generate feelings of contentment, safeness or warmth in their relationships with others and themselves.

By the conclusion of the workshop, participants will:

1. Understand the social creation of the self-evolutionary process.
2. Review the threat response and the triggers to emotions.
3. Practice the art self-compassion as a buffer to the psychological impact of negative events.
4. Use experiential exercises to get in touch with the compassionate self to assist soften the critical self.
5. Learn how to step out of the threat response loop into awareness of awareness.

***Mary is committed to the experiential learning process for all mental health professionals and with the Compassion-Focused Therapy model will assist you to move toward raising awareness of your own and your client's reactions to shame and self-criticism in a safe, supportive environment.***

### **How will you benefit from this seminar?**

- This workshop will assist you in understand your own reactions to negative events both in and outside of the therapy room.
- Mary will share her extensive clinical background in Acceptance and Commitment Therapy (ACT) and will assist you in understanding how compassion can assist you to do something meaningful for yourself and those you serve.

**Register now at  
[www.PDPseminars.com.au](http://www.PDPseminars.com.au)**

Standard: **\$298**  
Early bird: **\$228** (ends 30 days prior to event)  
Student/New Graduate: **HALF PRICE (apply)**

**This 1 day workshop provides  
6 face to face hours for CPD points**

Morning tea, lunch and afternoon tea included.  
We accept Visa, MasterCard, Amex EFT & cheque.  
No surcharge is made for credit card payment.

**This seminar has been designed to extend clinical knowledge and update applied skill of any practitioner experienced or not with ensuring they care for themselves as they work in a helping profession.**