



Somatic & Mindfulness-based Approaches to Self-Care & Self-Compassion *with Amber Gray* 1 DAY WORKSHOP

Working with people who have survived extremes of violence and who face all the challenges of settlement or finding permanent safety creates serious challenges for the worker. Vicarious trauma, burnout and other forms of secondary suffering are an ongoing threat to workers' well-being and their capacity to work sustainably.

In this workshop you will add substantially to your understanding of the risks involved and you will experience and learn embodied practices for self-care and self-compassion.

CONTENT INCLUDES:

- Neurobiology of self-care & self-compassion
- Scientific rationale for somatic & mindfulness based practices
- Understanding the risks of your work
- Ethics of self-care
- Mindfulness practices
- Embodied self-compassion practices
- Breath, movement & rhythm based practices
- Compassion as resiliency practices



Amber Gray is an internationally known expert on somatic approaches to working with survivors of torture and trauma. She has trained and supported workers in contexts of displacement and settlement for almost 20 years. Her approach is evidence based and grounded in her direct experience with clients and her deep understanding of the context of survivors' lives.

DATE

Saturday, 6 May 2017

TIME

9.30 am - 4.30 pm

COST

\$250 per person

Morning Tea, Lunch & Afternoon Tea Included

Places are strictly limited.

VENUE

Foundation House
4 Gardiner Street, Brunswick

SUITABLE FOR

Education, community development, psychosocial, medical, nursing and allied health practitioners who work with people, including asylum seekers, from refugee backgrounds.

GENERAL ENQUIRIES

03 9389 8965 or
pdregistrations@foundationhouse.org.au

TO REGISTER visit <http://learn.foundationhouse.org.au/>

BOOKINGS ARE ESSENTIAL