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Crisis to Recovery: Restorative Practices

Many individuals, families and communities are experiencing these times as challenging due to the pandemic and natural disasters such as fires, drought and floods.

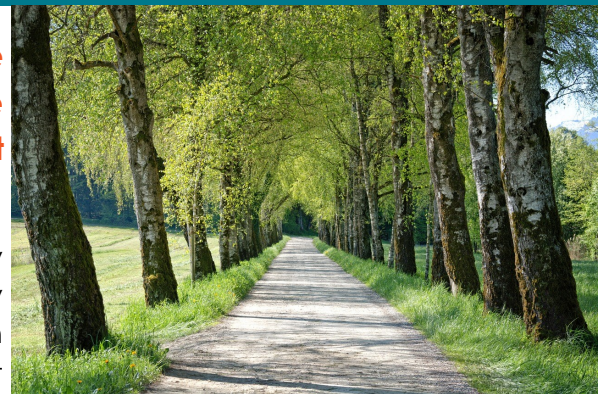
Anxiety, tension and stress are understandable responses, yet they can compound the difficulties being faced. Informed by neuroscience, this experiential and engaging workshop will deepen your skills and knowledge about practical strategies to support people to reduce overwhelm, increase calm, strengthen stress resilience and cultivate states of wellbeing and thriving, all of which make getting through hard times that little bit easier.

Learning Outcomes

- Appreciate why wellbeing is a skill that can be learned
- Awareness of the benefits of psychosocial support following a crisis
- Recognise impacts of stress and trauma to mind, body, emotions, behaviours and relationships
- Understand why the stress response can be amplified during and after crisis situations
- Insight into how the nervous system activates and soothes informed by the polyvagal theory
- Knowledge about a wide array of coping strategies and neurosensory practices that can restore calm, strengthen stress resilience and support recovery

Facilitator:

Merle Conyer is a respected trainer, psychotherapist, supervisor and consultant working with individuals, teams and organisations in urban, regional and remote communities. She interweaves interdisciplinary wisdoms such as somatic psychotherapy, trauma-informed practice, narrative therapy, ecological psychotherapy and anti-oppressive practice, and is guided by both clinical and cultural supervision. Merle is an Accredited Supervisor and Clinical Member with PACFA. She holds a Master of Counselling & Applied Psychotherapy, Master of Narrative Therapy & Community Work, Master of Education, Graduate Diploma of Communication Management (Human Resource Development), and Diplomas of Somatic Psychotherapy and Energetic Healing.



Date 19 October 2021

Time 9.30am - 4.00pm

Session will open 10 minutes before to enable you to test your audio & visual settings.

Modality

Online via Zoom

Facilitator

Merle Conyer

Cost (full price with GST)

Members: \$99

Non-Members: \$165.00

Contact

LEAD (02) 9620 6172
info@leadpda.org.au

Event Code WS2306

Event Level

 Intermediate

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 Register on our website www.leadpda.org.au

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