



LEAD
PROFESSIONAL
DEVELOPMENT
ASSOCIATION
INC



Special 'MEMBERS ONLY' Free Event: Therapeutic Self Care

You are cordially invited to join fellow members of LEAD Professional Development Association to participate in this **FREE** experiential based self-care workshop that interweaves theoretical underpinnings of neurobiology with practical body-based activities to inform nervous system regulation and personal nurturing practices. This unique opportunity to increase your understanding of the activation and suppression of arousal responses as well as the relaxation and repair responses.



Create a personalised daily self-care toolkit and a holistic self-care plan using the mind-body connection.

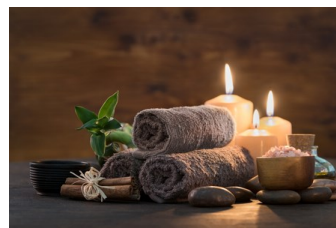
Learning Outcomes:

- Develop an understanding of the mind-body connection and its importance in sustaining wellness while working with vulnerable clients and communities;
- Increased practical tools to engage the relaxation and repair response to reduce experiences of toxic stress, burnout, vicarious trauma and compassion fatigue;
- Develop reflective practice insights and increase in skills around identifying our personal arousal systems and sensory/body based experiences, and
- Demonstrated ability to create a holistic self-care plan.

Facilitated by Alys McLennan, a Child and Family Trauma Specific Therapist, Hatha Vinyasa yoga teacher, and social worker specialising in children, young people, adults and families who have experiences of trauma, abuse, out of home care and the child protection system. Alys has worked in the out of home care and trauma therapy field since 2013 and is a NSW Victims Services registered counselling social worker. Her significant experience and expertise provide Alys with a multi-layered perspective of healing from acute crisis through to longer term therapeutic support. Alys has also provided state and National wide training courses that have focussed on therapeutic recovery, neurobiology of trauma, group programs, therapeutic care, self care and holistic wellbeing.

Please bring with you as you join online:

- (Towel or blanket)
- Cushion or bolster
- Candle and lighter/mates
- Heat pack
- Small variety of scents (can be oils, sprays or physical items) e.g. coffee beans, vanilla essence, citrus fruits, flowers such as lavender/ camomile



NOTE: These items are not a requirement to complete the course but will provide an added level of experiential learning for body-based regulation techniques.

REGISTER NOW! PLACES ARE STRICTLY LIMITED TO ENSURE THAT YOU EXPERIENCE A HIGH LEVEL OF ENGAGEMENT AND INTERACTIVITY.



Date

Wednesday
1 December 2021

Time

9.30am - 12:30pm

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

Modality

Online via Zoom

Facilitator

Alys McLennan

Cost

Free; open only to LEAD Affiliate Members

Contact

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Code

WS2315

Content Level

Introductory



Register on our website www.leadpda.org.au

Register Now!