Self Care Workshop for Nurses: Living and working in a real world

Friday September 28th 2012   9.30am-4.30pm (Registration from 9.00am)
Grand Hotel Boardroom, 33 Spencer St, Melbourne (next to Southern Cross Station)
NALAG Member/Conc/Student $160 Non Member $200

This workshop is endorsed by APEC No 110825003 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.
Attendance attracts 5 RCNA CNE points as part of RCNA’s Life Long Learning Program (3LP).

This workshop focuses on assisting nurses to increase their self-care initiatives and identify the internal emotional turmoil that can develop when working alongside other professionals who are experiencing stress. The workshop goes beyond the discussion of boundary issues, and types of traumatisation that occur for nurses and helps implement a new focus and a new framework for self-care and resilience. In particular the ways in which resilience and motivation decline and can be re-built, monitored and maintained are highlighted.

In today’s highly stressful workplaces the ability to escape the emotionality of other individuals is virtually impossible. Because the nursing role is multi-faceted and demanding nurses must cope on a moment by moment basis while capably performing multiple tasks. The demands of caring mean that nurses are constantly exposed to the intense emotional outpourings of other individuals.

Nurses are not immune to producing their own strong emotional responses which reduce resilience, motivation, physical and mental health, and enjoyment both at work and at home. The constant exposure to another person’s emotionality can result in a loss of resilience and contribute to leaving the profession, unethical conduct, boundary crossings as well as depression or anxiety. Growing evidence underscores the importance of self-care and how self-care builds the capacity to deal with your own and another person’s emotionality.

Knowing how to identify and manage the emotional outpourings of others will assist you in maintaining resilience, motivation and enjoyment in the workplace.

Workshop participants will learn to:

- Develop understanding and ability to construct healthy therapeutic relationships with recipients of care
- Appreciate and understand the need for their own resilience and self-care
- Increase awareness of current research regarding boundaries, self-care and resilience
- Develop a new perspective on the importance of boundaries to self care
- Recognise the personal and restorative benefits of implementing self/other boundaries
- Develop new self/other boundary strategies that are ethical and compassionate yet protective against the impacts of coming into contact with the emotional pain of others
- Implement a new framework that aids in the recognition of potential resilience impacts

- Use self-care/resilience tools to:
  - Understand what happens to the emotions when providing therapy to patients
  - Identify emotional situations and interactions that reduce resilience and trigger burnout, vicarious trauma, and fatigue
  - Develop the ability to self-assess, address, activate and maintain focus on personal resilience
  - Implement strategies that promote self-care while simultaneously caring for others
  - Recognise and implement step back or step out strategies

The workshop will begin with a brief introduction to the definitions and concepts surrounding resilience and self-care and the current research around these concepts. This will be followed by an exploration of boundaries involving group discussion and identification of how boundaries can be successfully and compassionately implemented in self-care. Participants will be involved in a variety of interactive activities including group discussion, self-assessment and a structured role play to enable development of skills.
The workshop package will include hard copies of tools as well as a CD with all workshop information, power point slides and tips sheets.

Judye Margetts is a psychologist, mental health nurse, and family counsellor, with over 25 years experience in aged, palliative, psychiatric and disability settings in government and non government organizations and private practice. Judye has held voluntary positions on DepressioNet, Health Professionals Advisory Team and MEGPN Aged Care Panel.

Judye currently works as a private practitioner, supervisor and educator assisting a diverse range of clients aged from 6 to 95 years old. Judye's current research interest is Resilience: Identifying, developing and restructuring the way we cope with traumatic loss and grief. Throughout her years of working with clients and colleagues, Judye has observed the need and benefits of self care, and her primary interest centers on the development of self care and resilience to cope with the vicissitudes of life. In particular Judye believes that the establishment of self care and resilience in mental health workers is equally as critical as the resilience we develop for our clients.

To register/pay;
- Please send the attached registration form by mail, email or fax (details below).
- Registration fee is not refundable but is transferable.

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