

Workshop: Self-Care for the Therapist

Venue: Johnstown Therapy Centre, 35a Johnstown Road, Dun Laoghaire, Co. Dublin.

Facilitator: Anne Burke, BSc., Psychotherapy & Counselling, MIACP, MIAHIP, MEAPA, MIAPPC

See website for more details: www.johnstowntherapy.com

Date: Saturday 19th May, 2012

Time: 10am – 4pm

Fee: €70.00 per person – lunch not included

Topics covered: Self-Care, Knowing your Limits, Stress & Anxiety, Compassion Fatigue, Burnout, Vicarious Trauma, Lifestyle Balance, Healthy Communication, Building Supports, Resilience and Motivation, and learning to enjoy life.

The workshop is limited to 6 people so book early. This workshop is for psychotherapists and counsellors only.

If you are interested in attending this workshop please fill out the application below and post to the Johnstown Therapy Centre with your full fee for the workshop. Cheques payable to Anne Burke please.

Name: _____

Address: _____

Phone no: _____

Email: _____

Please give a brief description of why you would like to do this workshop:
