Building Resilience & Reflective Practice

Are you a health worker facing the challenges of working in a remote health context?

Do you know how to stay emotionally strong and build psychological resilience in this context?

Would you like to learn best practice strategies of self-care and reflective practice?

Then the CRANAplus Building Resilience & Reflective Practice (RES) course is for you

The aim of the course is to build psychological resilience in the remote and isolated health workforce. Course participants will explore the best practice principles of positive psychology and reflective practice.

Cost
CRANAplus Members $300
Non-members $350

Course Dates and Locations
QLD, Cairns, 22 Mar 2018

Course Delivery
The one-day course is presented face to face. The facilitator will be a CRANAplus Bush Support Services psychologist.

On completion, graduates of this course will have received:

An Introduction to Mindfulness:
• Introduction to the concept of Mindfulness – the art of being fully present
• Becoming more aware so as to fully observe what is happening in the body, thoughts & environment without judgement
• Extensive discussion as to the benefits of being Mindful in the workplace

Reflective Practice:
• Engages with the messiness, the unpredictability and the uncertainty of practice
• Emphasises the expertise – skills and the artistry of professionals
• Provides opportunities to describe experience
• Assists in identifying personal issues
• Enables empathy with others

Positive Psychology and Good Self-Care:
• Building of resilience rests on a foundation of good self-care
• Change is inevitable
• Need to develop own self care package
• Being aware of strengths & areas that require an investment of time/energy

CRANAplus Bush Support Services:
Ph: 07 4047 6403 Email: bssadmin@crana.org.au