



Self-Work Workshop

This workshop will benefit health and social service professionals who are providing counselling. Students Welcome.

An important component of dealing with trauma is self-work: mending the relationship that a person has with themselves. Childhood trauma damages a person's sense of self, as energy goes into survival rather than self-reflection and growth. Self-work is an essential part of healing and uses writing, art, dialoguing and creative activities.

This workshop gives experience using several useful tools to consider when working with survivors of childhood trauma.

(Based on Briere's Self-Trauma model)

Facilitator: Dianne Rickman, Womens Health & Family Services

Dianne has a nursing background and is a psychologist who has worked at WHFS for 30 years in the counselling program. She is currently clinical supervisor. She has extensive experience working with women who have had trauma in their lives, either as children – childhood sexual assault, violence in their family of origin and attachment difficulties- or as adults.

To Book: <https://www.trybooking.com/BNQXQ>



womens health
& family services

Self-Work Workshop

Tuesday
4 May 2021

1.30pm – 4.00pm

227 Newcastle St,
Northbridge

Cost: \$50
\$40 Members
\$35 Students

Womens Health &
Family Services
www.whfs.org.au

For more information
contact
bookings@whfs.org.au