

MIND THE PAIN

Helping Clients Who Experience Distress

FRIDAY 6th AUGUST 2010

Sometimes clients experience high levels of difficult feelings: anxiety, stress, sadness, hurt, anger and loneliness. These feelings can be so difficult that for some people there is a fear of actually feeling and experiencing them. They worry that they might be completely engulfed and overwhelmed by the pain they are feeling, so they go to great lengths to avoid the pain, sometimes by using risky, self-harming or short-term strategies that ultimately don't work well. This workshop will assist counsellors, therapists and other professional helpers to increase their knowledge and skills to be able to effectively work with clients who are experiencing major emotional distress and pain. The emerging field of Mindfulness is making a major contribution to this area and this is covered at length in the training.

The training includes the following topics:

- Overview of current practice approaches to emotional regulation, affect tolerance and self-soothing
- Using Mindfulness strategies in working with emotional pain and distress
- Strategies to be able to identify difficult feeling states, notice their intensity and the layering of feelings
- Strategies to increase tolerance and self-regulation of difficult affect
- Strategies to effectively self-soothe
- Strategies for workers to be able to notice, tolerate and regulate their own distress
- Managing distress interpersonally—"Interbeing" & "Dialogic Mindfulness"
- Skills-based practice in the use of Mindfulness-informed approaches, strategies and techniques

At the end of the training day participants will achieve an understanding of the principles and practice of mindfulness-informed approaches to working with distressing feelings, and be confident in applying these strategies and techniques in their own practice.

FACILITATORS:

Kent Smith is a social worker and family therapist based in Toowoomba. He has worked in the community sector for more than 30 years, and has extended mindfulness practices into his life and professional work.

Peter Brennan is a therapist working in Toowoomba. He has worked with grief and loss and trauma for many years and is interested in the application of mindfulness for clients who have had major distressing experiences.

Please Note: This training is targeted at counselors, therapists and other professionals working with clients who experience deep distress.

DATE & TIME: Friday 6th August, 9.00 am—4.00 pm (lunch, morning/afternoon tea provided)

COST: \$175.00 plus GST (\$17.50) = TOTAL COST: \$192.50

VENUE: CEDAR CENTRE (formerly known as TEC), 36 Baker St, Toowoomba

FOR MORE INFORMATION: Kent Smith—phone 46325472/0417976098/email: kentsmith1@bigpond.com

(Registration Form next page)

TAX INVOICE/REGISTRATION FORM

Date of Invoice: 1 July 2010

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MIND THE PAIN: HELPING CLIENTS WHO EXPERIENCE DISTRESS

Date of Training: Friday 6th August, CEDAR CENTRE, 36 Baker St Toowoomba
(Registration 8.45 am)

Name: _____

Organisation: _____

Contact Phone: _____

Email: _____

Dietary Requirements: *please circle* Vegetarian/ Coeliac/ Gluten Intolerant/
Lactose Intolerant/Other.....

Amount Payable: \$175 + \$17.50(GST) = \$192.50

***Full payment is to be made before the training
No refunds if less than 48 hours notice is given before the training day***

Method of Payment:

Please post or fax this form back and indicate below your method of payment:

- Personal cheque or money order (please make cheque or money order payable to "D. Kent Smith" and post to the above address)
- Employer is paying by cheque or Electronic Funds Transfer - Internet Banking. Please email me for my account details

Confirmation of your place in the training will be made by phone or email after receipt of the completed registration form