

**'AWAKENING THE HEART' ... WITH HELEN FRYER & WENDY NASH
PROFESSIONAL DEVELOPMENT OPPORTUNITY - NEW WORKSHOP ..**



WAVING NOT DROWNING

SELF CARE WEEKEND FOR HELPING & HEALING PROFESSIONALS

Do you have the feeling that you are drowning in work demands, do you feel your desperate waves aren't being seen, do you wish you could float on top of the water and relax ...? Then this is the weekend for you. You are invited to join Helen and Wendy in an experiential workshop exploring ways of looking after ourselves with tenderness, compassion and fun using creative therapies. During the weekend we will explore the dynamics of compassion fatigue and vicarious trauma, and the impact of value conflict. Together we will develop self-care strategies employing Art Therapy, Psychodrama, Energy and Sound. And you may also find yourself engaging in some Melville Island Stamping and Running!

DATE: Nov 22-24th Friday evening 6-8pm; Sat 9.30-5pm; Sun 9.30-4pm

PLACE: NINDETHANA, 285 Deviot Road, Tas. 7275

COST: \$425 Please bring food for shared lunches on Sat and & Sun.

Optional Accommodation \$18 per night ... please bring own bedding/self catering

FACILITATORS: Wendy Nash, Art Therapist, Counsellor, Educator: 0409703779 Helen Fryer, Jungian Sandplay Therapist & Psychodramatist. Phone: 0402029069

Payment: Please pay in full prior to weekend workshop - Bank details BSB: 633000

Wendy Nash A/C No: 126349174