

VETERINARY

MAY 6TH - OCTOBER 6TH 2019

BALINT GROUP



During each session we'll discuss cases and interactions with a focus on the clinician-patient relationship or health professional-client relationship. This program is for all members of veterinary health care teams. Confidentially talking about interactions and cases that sit heavily in your mind makes a big difference. We can all learn more helpful ways of responding so that our stress reduces and our satisfaction with work increases. Debriefing in a safe space and with like-minded healthcare professionals that understand your work helps to reduce the impact of difficult situations on our well-being.

WHAT YOU WILL LEARN ABOUT

- Recognize you are not alone in having challenging interactions with patients/ clients.
- Expand your capacity and repertoire for handling 'difficult' situations reducing workplace stress and burnout.
- Develop increased understanding of patient's thoughts, feelings and emotions with resultant increased empathy for clients and colleagues.
- Identify your own thoughts, feelings and emotions.
- Explore how your feelings and thoughts affect relationships.
- Identify your blind spots that may lead to habitual ways of responding to certain situations.

EDUCATION TEAM

Dr Cathy Warburton
BSc, BVMS, MACVSc, MVS, TAA, Dip Pos. Psych. and Well-being

WORKSHOP DATE

6 sessions are held monthly between May 6th – October 6th 2019.
Sessions are live and start at 1:30pm and go for 90min.

CONTACT INFO

support@vetprac.com

COURSE FEE

\$390 +GST

WORKSHOP LOCATION

Online

**CLICK
HERE**

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