

Facing the Pain: Enhancing Resilience in Front-Line Workers

Presented by Natalie Zlodre, MSW, RSW

Workshop Details

October 17, 2016
9am – 4:30pm

Location

Best Western PLUS
The Arden Park Hotel
552 Ontario Street
Stratford, Ontario

Fees:

Early-Bird Rate: \$199 + HST
After Sept 16: \$219 + HST
Fee includes lunch, morning and afternoon refreshments.

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration

Register online at
missionempowerment.ca



About the Workshop

In order to be effective in our work with vulnerable populations we need to be grounded, hopeful and focused. How do we do that in the midst of unprecedented changes in our mental health/health care systems? We are now expected by the government, our agencies and our managers to work with more clients who have challenging multi-systemic issues within fewer sessions and in a context of external community resources drying up. Sandwiched between satisfying demanding government metrics and working with human suffering on a daily basis we are at risk. We are vulnerable to stress related illnesses, ethical/moral conflicts, burnout, compassion fatigue, vicarious trauma and PTSD.

We owe it to ourselves to figure out how we can maintain our balance while we confront these workplace realities.

In this session we will discuss 4 key strategies for enhancing and maintaining our capacity to be a conscious and resilient professional.

Participants will learn to:

- Identify the most obvious and the hardest core strategies for managing our experience of work place demands and working with vulnerable clients
- Identify strategies for workplace resilience
- Have insight into metapsychological phenomena (transference, projection, countertransference)
- Discuss existential beliefs that guide and comfort us in our work with clients who experience unremitting suffering.

About the Presenter

Natalie Zlodre M.S.W., R.S.W. was Head of the Trauma and Resiliency Centre and Associate Director of Training at the Hincks-Dellcrest Centre. She is currently the Director of Community Resources and Initiatives, a trauma-informed consulting firm. Her professional focus is in the areas of: acute trauma, developmental/complex trauma and the impact of trauma on professionals and on mental health services. Natalie provides clinical consultation and supervision to mental health professionals and organizations. Her theoretical framework is trauma-informed and strength-based.

mission: empowerment!

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