

Free Mindfulness & Self-care training course for Trauma Counsellors

Dear Colleague,

You are invited to apply for participation in a free 7-week Mindfulness Training (MT) and self-care programme for trauma counsellors. I am a clinical psychologist currently conducting doctoral research through Wits University under the supervision of Prof Gill Eagle. This research involves an investigation into self-care strategies for trauma counsellors. Studies show that working with trauma survivors may have strong secondary traumatic effects on therapists, yet many therapists have little support in this regard.

This is a call for trauma counsellors (psychologists, social workers, registered counsellors etc) to apply for participation. The study will investigate two types of self-care programmes: Applied and theoretical. I will present a 7-week Mindfulness training programme (an adaptation of the Mindfulness Based Stress Reduction programme of Jon Kabat-Zinn) and a 3 week psychoeducational intervention. The training will be offered in Auckland Park, Johannesburg beginning in August 2016. The current cost of the MT programme in the Johannesburg area is usually between R4000 and R5500 per person. This will be offered free of charge to participants who:

1. Qualify for participation
2. Commit to attending all training sessions
3. Consent to filling in anonymous research questionnaires

To Apply

If you are interested in applying to join the training course, please

Send an Email to
mindfuljozi@gmail.com

as soon as possible and I will then send you further details and information. You may also invite colleagues to participate. Only a limited number of applicants will be able to join the training programme for logistical reasons.

Please include the following details in your application:

1. Full names
2. Professional category and registration number
3. Average the number of trauma related clients you work with on a weekly basis
4. Number of years that you have worked as a trauma counsellor.

Participation in this study would be entirely voluntary and based on principles of informed consent and confidentiality.

Thank you for your time.