

❖ **Adrian Hanks**

21 day Journey to South Africa, Namibia, Botswana & Zambia

Starts in Cape Town on Saturday 9th August, 2014

Adrian Hanks will be joined by a group of local facilitators and guides to make this an unforgettable and life changing experience.

- Explore and experience ancient sites in and around Cape Town, including Table Mountain and Sacred Caves with local expert Dean Liprini.
- A 2 day/night Walking Safari in the Hluhluwe Imfolozi Game Reserve with Christel Engelbrecht and rangers
- Visit and talk with local Shamans/Sangomas and villagers
- Boat down the great Zambezi River
- Visit a Game Reserve in Botswana, and the Victoria Falls in Zambia
- Visit Robben Island where Nelson Mandela was incarcerated for 18 years
- Visit *Botshabelo*, a community village orphanage and muck in for the day with the children who live there.

For more information -

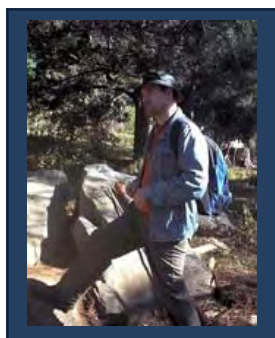
- Go to the website: www.SpiritofAfricaJourney.com

- [Watch the video](#)

Call Adrian directly on

0400 424 417

Email: cldfoundation@bigpond.com

❖ **Susan Morrison**

Crafting Resilience – A Workshop



In my recent qualitative research I looked at how holistic counsellors maintained their resilience. I asked each individual 'Psychophonetics' counsellor to share with me their experience of exposure to trauma and the longer term impact of empathy fatigue.

I did this from the orientation of a model of consciousness that has been evolving since Freud where the understanding of Self, Ego and persona, and their relationship to the body, soul and spirit, have been becoming clearer and better conceptualised.

1. The multidimensional picture of overload leading to burnout

According to the Maslach Burnout Inventory (MBI-HSS 1996) counsellors suffer from 'emotional exhaustion', 'depersonalisation' and a 'reduced sense of personal accomplishment'. As counsellor and client we meet within particular ethical parameters, but challenges arise beyond those parameters or within them.

Our individual differences are so extensive the understanding of how resilience develops becomes a fairly individual picture. What one of us finds disturbing, another may find manageable. So we usually ask ourselves the question, "*Why did that affect (get into) me?*"

Some of the factors playing into this picture are our biography; experience of collective or individual trauma; training; self-care practices; spiritual resources; energetic and physiological strength; beliefs; fate or circumstance which might include difficult workplace events; and to some extent the undefinable mysteries of Self and ego strength.

2. Some history of the idea and concepts related to resilience

What we can do about it becomes our individual 'medicine book'. Some of the tools are carried inwardly and others are written down in depth, to be revisited. As counsellors and psychotherapists, we have a lot to offer each other in this area – however, the discipline of actually doing the self-care work, or asking for help, can be a challenge.

3. An introduction to the evolution of holistic energetic models

Comparison of some different psychotherapeutic models such as Jung's individuation, Assagioli's Psychosynthesis, Wilbur's Integrative psychology, and Psychophonetics' four-fold model, taken from Rudolf Steiner's work, will contextualise Psychophonetics psychotherapy and the workshop.

We will be looking at why expressive and transpersonal therapies include creative, nonverbal and contemplative exercises. Topics discussed and exercises, will include important self-development concepts such as 'sense of self' such as authenticity, integrity, ego, persona, and maintaining our energetic strength and boundaries.

Susan is presenting this workshop at the [Complexity & Connectedness in Life & Love Conference](#) in Sydney, June 13-14, 2014 (see p.15)

Susan Morrison has been practicing counselling and psychotherapy since the early 1990s, as well as designing and facilitating both therapeutic and educational groups using Psychophonetics since 2000.

She is an experienced senior counsellor and supervisor working in a non-government agency in Perth in the mental health field, particularly with recovering addicts, as well as working in private practice.

Susan has nearly completed her Masters of Counselling thesis at Notre Dame University, Fremantle, Western Australia.

Email: Susan.morrison@my.nd.edu.au



❖ **Lea Rose**

Workshops: 'The stages of dying' and 'How to build an advanced care team'

Hong Kong: June 11-14, 2014

- [10th International Conference on Grief and Bereavement in Contemporary Society: East meets West Expanding frontiers and diversity](#)

✚ Professional Development (CPD)



❖ **Online Mental Health Course** (8 hrs CPD)

This online course was developed by PACFA in partnership with the University of Canberra. The course aims to build skills and competencies to support clients with their mental health.

Module 1: Mental Health and Illness

Module 2: Mental Health Assessment

Module 3: Mental Health Interventions

Module 4: Consumer Centred Models of Care, and Ethical Questions

Participants complete the course at their own pace over a 2 week period using the Moodle e-learning system. Teaching and learning approaches include audio-visual materials, case studies, recorded lectures, online communication threads and facilitated discussions.

Non-members \$330 (inc. GST)

PACFA Members: \$220 (inc. GST)

❖ **Practical Ethics for Counsellors and Psychotherapists** (6 hrs CPD)

This online course is being developed by PACFA in partnership with the Cairnmillar Institute.

The key themes covered in the course are –

- Foundations of Ethical Practice – morals, values and ethics