



# Mindworthy



## *'Minding Others by Minding Ourselves Understanding Compassion Fatigue and Self-Care'*

**Wednesday 12<sup>th</sup> September 2018:**

**HSE Corporate Relations Building, 63-64 Adelaide Road, Dublin 2  
10.30 – 3.00**

**Registration Tea/Coffee at 10.00. Short lunch break included**

This workshop developed and delivered by Róisín Whelan MIACP, a Psychotherapist, Founder and Director of Mindworthy (<http://mindworthy.ie/>) will focus on self-care to prevent compassion fatigue in healthcare professionals. Róisín will discuss the importance of putting ourselves first to allow us to be able to mind those we take care of. Included will be tips and strategies to focus on when developing our own "self-care prescription".

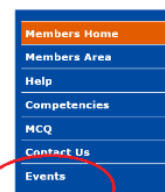
**PLACES:** Places are limited to 23 for this multidisciplinary event and open to members of the following professional bodies: **PAIRL, ACBI, ACSLM, BEAI, IAO, IAOA, IPTA:** Places are allocated on a first come first served basis. **We cannot facilitate arrivals on the day.**

**To book Guests: ACBI, ACSLM, BEAI, IAO, IAOA, IPTA, PAIRL:**

[www.acslm.ie](http://www.acslm.ie) select CPD tab, Create a non-member account following instructions, then select events and complete your booking.

**To book Current Academy Members:**

[www.acslm.ie](http://www.acslm.ie) select CPD tab, log in as usual, click on events and complete your booking.



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