



Mindfulness Professional Program

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| Description: | The Program has been designed for nurses to help them learn skills to build resilience to prevent compassion fatigue (CF) and burnout. This program consists of a 1-day workshop, followed by three 1-hour and 45 minute practice seminars run over 3 consecutive weeks. The aim of the seminars is to consolidate learning from the 1-day workshop and develop skills in mindfulness and self-care. This Program is facilitated by an external expert. |
| Learning Objectives | At the conclusion of this program, the participant will be able to <ul style="list-style-type: none"> • Understand compassion fatigue, its effects and history • Understand the causes of compassion fatigue • Articulate skills to prevent compassion fatigue • Practice Mindfulness techniques |
| What participants say: | <i>'The course presenter was very well prepared and handout was excellent. The practise sessions were really good and we can relate to our everyday situations'</i> <i>'The course gave me tools to deal with stressful situations and how to let them go at the end'</i> |
| Who should attend? | All nurses working at SCGOPHCG. |
| Program drivers: | This program has been developed following research conducted at SCGH demonstrating benefit to the well-being of nurses who participated |
| Program preparation: | Nil |
| Facilitator: | Lucy Patton Coordinator of Nursing Education Centre for Nursing Education SCGH |
| Program details: | <p>Program 1 Full-day seminar: 1 May Follow up sessions: Week 2, Wednesday 8 May 1330 -1530 Week 3, Wednesday 15 May 1330 -1530 Week 4, Wednesday 22 May 1330 -1530</p> <p>Program 2 Full-day seminar: 4 September Follow up sessions: Week 2, Wednesday 11 September 1330 -1530 Week 3, Wednesday 18 September 1330 -1530 Week 4, Wednesday 25 September 1330 -1530</p> <p>Venue: Day 1 Q block, CNE, SCGH, Week 2-4 TBA</p> <p>Cost: SCGH applicants- free of charge OPH applicants- \$60.00 Other applicants-Not Available.</p> <p>SCGOPHG participants who register for a place on this program and do not attend without a cancellation at least 5 working days prior to day 1 will be charged \$100.</p> |
| #Keywords: | Compassion Fatigue, Resilience, Stress Management, Mindfulness |



[Click here for a registration form.](#)

Enquiries:

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