



APS Australian
Psychological
Society

Narrative Theory and Practice in Psychology Interest Group

CHARING CROSS NARRATIVE THERAPY
COUNSELLING SUPERVISION TRAINING

Resisting Burnout with Justice-Doing with Vikki Reynolds (PhD)

Date: Friday 15th July 2016

Time: 9.30am – 4.30pm

Cost: \$160

Venue: Level 4, Lecture Room, 438 Victoria St Darlinghurst, St. Vincents clinic

This invigorating and powerful workshop offers an alternative approach to the notion of worker burnout. Those those working with people struggling with poverty, violence and oppression are often told that they will “burn out”. Contrary to this is the story of sustainability; how our collective work sustains us, nourishes our hope, invites us to honour the resistance and strength we witness in the people we work alongside, and allows us to work congruently with our ethics. This experiential workshop will address our collective ethics and practices of Collective Care as opposed to self-care. Workers will be invited to begin to build their own “Solidarity Team”; examining who stands alongside them, what ideas and practices sustain them, and how they might access support when burnout attacks.



Vikki Reynolds is a Canadian therapist/activist interested in liberating justice, resistance and solidarity from the margins of our work into the ethical center. Vikki’s experience includes supervision and therapy with refugees, survivors of torture, and violence counsellors, mental health and substance abuse counsellors, activists and working alongside transgendered and queer communities. Vikki is an Instructor with VCC, UBC and City University (Vancouver) in the Masters’ Program where she has received the Dean's award for Distinguished Instruction. Vikki's PhD entitled *Doing Justice as a Path to Sustainability in Community Work*, is available free on her website www.vikkireynolds.ca

For inquiries please contact **David Newman** (phone and e-mail below)

This workshop is being hosted by:

Narrative Theory and Practice in Psychology Interest Group *and* Charing Cross Narrative Therapy

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www.charingcrossnarrativetherapy.com