



KEEPING YOU CONNECTED



The goal of this Hub is to bring professionals together regularly, ensuring we have a well supported community prepared to work with individuals, couples, and families.

Although the issues our clients are facing are not new, the pressures of our current 'restricted' context has exacerbated many situations that were likely to have been managed or at least well tolerated in the past.

The public need the support of mental health professions and mental health professionals also need to be well supported to work in effective and well-informed ways.

This event will include:

- Guest Speaker, **Dr Rina Daluz** will talk about how empathy grows and how it ruptures. Dr Daluz will explore the way to recognise and understand how empathic disjunctions occur in therapy and where that leaves both the therapist and the client.
- **FREE** worksheet from Ari to increase your learning during the session which you will be encouraged to use in the breakout sessions.
- **EXCLUSIVE 50% DISCOUNT CODES** to attend **two** of our live interactive webcasts and, if you can't watch on the day, the recording will remain in your account for a further 3 months so you can study and apply the skills you learn.
- Break out rooms to meet your colleagues, connect and share your experiences.



EMPATHY AND RUPTURE IN OUR WORK WITH CLIENTS

Recognising and Understanding Empathic Disjunctions in Therapy and Steps Toward Repair.

It is a given that empathy is important in therapy. Empathy happens when the therapist is able to recognise, respond sensitively to, and understand the thoughts, feelings and behaviour of clients. Empathy is crucial in therapy, allowing the therapist to build a therapeutic alliance that builds safety, trust and facilitates therapeutic outcomes. However, while empathy grows empathy can also rupture - disjunctions are inevitable in therapy. What is empathic disjunction? When does it happen? How does it impact therapy? We can assume it is impactful to the client. It can be a challenge for therapists to recognise and respond to a rupture, but it should not be underestimated as a worthy struggle and an illuminating process.



Dr Rina Daluz is a registered Psychologist based in Sydney. She is known for her warm and empathic style and works with a client-centred and strengths-based approach. Rina is an experienced and multifaceted mental health professional with a demonstrated and extensive history in counselling, leading mental health projects/programs, performance coaching, content creation, training design, development and delivery in multicultural and fast-paced matrix team environments at complex and massive educational institutions. She specialises in individual counselling, performance coaching, creating mental health and wellbeing programs, team leadership and application of strengths-based models that enable individuals, teams and organisations to enact positive change, live and work meaningfully and productively.

Registration details

Standard registration: **\$33** (includes a free worksheet, and exclusive discounts)

Numbers are limited to 100 with **FREE** code **YOUTHRIVE2311**

Our 'YOU THRIVE' sessions book out in just a few hours of registrations opening... SO BE QUICK!

Register at www.PDPseminars.com.au or call us on 1300 887 622

