



Practical mindfulness skills for health professionals.

Helping professionals incorporate mindfulness skills into daily working life.

It seems everyone is talking about Mindfulness and its benefits in daily life. While the principles and practices of Mindfulness have been recognized for thousands of years, the incorporation of this powerful approach in our clinical settings has truly revolutionized counselling and therapy.

The potential benefits of integrating mindfulness into professional health care environments are many and valuable and self-care for helping professionals is considered an underpinning factor in the provision of competent care.

Mindfulness techniques have demonstrated a capacity to reduce depression, anxiety and stress, and to support the cultivation of self-compassion and positive mind sets. Mindfulness also enhances critical factors in effective treatment, such as accurate attention and emotion regulation helping clinicians be more present and effective during sessions.



Beate brings over 35 years of experience in a variety of industries to her role as a principal Training and Development Consultant. Beate also currently works as a Social Worker providing counselling and supervision and also works as a Spiritual Care Team Leader in aged and palliative care. She has been an adult educator since 1992, for organizations including the Centre for Community Welfare Training, the Australian College of Applied Psychology, the Professional Development People and Lifeline Sydney. In the last ten years Beate has specialised in grief and loss education/counselling, transition counselling and applied mindfulness. She started her own inner work over three decades ago with Yoga and Vipassana and walked the Camino in Spain in 2015. She has been a board member of NALAG (National Association for Loss and Grief) since 2009. She has both graduate and post graduate qualifications in Adult Education, Social Work and Nursing, holds a Certificate IV in Assessment and Workplace Training and is currently completing her second Master's Degree in Ageing and Pastoral studies at Charles Sturt University. She has worked with people from Indigenous and culturally diverse backgrounds. Beate also holds professional membership with the Australian Association of Social Workers, the N. S. W. Health Services Profession (as a Registered Nurse), and Spiritual Care Australia.

In this compact workshop you will experience mindfulness practices and learn how to develop maintainable personal mindfulness skills and impart them onto your clients.

Learn about the current research on mindfulness and how you can incorporate it into becoming calmer and centred in your life. In this course discover how mindfulness can transform reactivity, stress, anxiety and depression.

You will have opportunities to practice using mindfulness techniques and teach others as a way of building your confidence in its application.

Learning objectives of this training:

1. Describe the practical applications of a number of mindfulness techniques
2. Know which technique might be more suited for themselves and to others
3. Consider teaching mindfulness skills to their clients.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 6 OPD points



ACWA: Members can accrue 3 CPD hours



AASW: Members can accrue 3 CPD hours



PACFA: Members can accrue 3 'Category A' hours

APS: Activities do not need to be endorsed by APS. Members can accrue 3 hours

Session Outline
3 hours

Overview of Mindfulness, its benefit and current research
A variety of mindfulness practices – best settings and models
Experiencing mindfulness practices and leading others through the experience
Recommitting to a self-care plan based on mindfulness principles
Evaluation and closing.

”Developing our skills and insights of practical mindfulness can change our whole life. Its benefits will make a difference not for just our mind, but also our body and spirit “.

Beate Steller

How will you benefit from attending this training?

1. You will experience the benefits of mindfulness in a practical way.
2. Learn skills that are of personal value and also one that benefits your clients.
3. Reflect how mindfulness skills could be contextualized in your work and practice.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all resources and evaluations.
- Individual attendance certificates for all participants.

This training workshop is suitable for medical and allied health professionals.

Feedback form Beate’s recent presentation for PDP:

“Very enjoyable, interesting and professional.”

“Beate, was a fantastic presenter. Extremely knowledgeable & skilful. A real delight. Thankyou.”

“This was a refreshing P.D. Learned and consolidated so much, in a practical and real way.”

“Thank you for a wonderful, informative and energising workshop. I have learnt so much personally and professionally.”

“Engaging presenter. Practical Approach. Good exercises were educative and relevant.”

“Enjoyed the day – new learning and affirming current knowledge. Loved the you tube clips – visual diagrams helped. Practical ideas that I can implement with client and supervises.”

“A great presentation. Helpful and practical training presented in a very engaging way.”

“Thankyou. Very practical and interactive workshop. I can take away new tools to use with my clients.”

“Outstanding presenter – very engaging, very warm and kind. Was great to use practical examples and I enjoyed the seminar so very much.”