



Society of Professional Social Workers (Inc)

PO Box 6573, East Perth, Western Australia 6892

SPSW.net.au

ABN 90 404 582 393

Workshops and events presented by SPSW are open to all human service workers



HEALING FEAR

Presented by Rod Mitchell

Centrecare, 2302-2308 Albany Highway, Gosnells, WA

Friday 7th June 2019

8:45 am – registration for 9:00 am prompt start – 4:30 pm

Free parking on site

The Society of Professional Social Workers is pleased to bring to you another outstanding workshop. The workshop will be presented by Rod Mitchell.

Rod commenced work in the 1970s with then WA state Welfare Department in the Pilbara region where he became a community development worker with various Aboriginal groups. He then lectured in Community Development at Curtin University's Centre for Aboriginal Studies for 5 years.

His active involvement in a community-based peer counselling network led to 5 years work as a trauma counsellor with refugees where he applied and refined his understandings of the healing process and developed a range of techniques for recovery. A further 5 years counselling with local government staff showed that the same set of principles of healing and recovery apply to just about all of us.

He captures these experiences in his book "Healing Fear" which will be available as a PDF to workshop participants.

Rod now uses his counselling experience to expand his own and others' ability to 'Care for Environment' and leads 2 weekly support groups for this purpose. For the past 4 years he has worked as a full-time volunteer to establish Citizens' Climate Lobby across Australia. Its purpose is to create the political will for a liveable climate.

Workshop details:

This is an experiential workshop which shares important theory about the sources and effects of both physical and emotional fear and how it can be healed in ourselves and others. The type of listening and attention-giving that facilitates the healing of fear will be described and demonstrated and then experienced in small group processes.

This workshop will canvass

- Sources of fear: personal, societal, inter-generational, and environmental
- Look at how fear effects how we think, learn, behave, and relate
- Understand how the mind and body work together to heal fear and reverse the damage
- Assisting healing in ourselves and others including children
- Learn how to use activities that reduce fear, boost cooperation, and expand attention

If any of these outcomes seem beneficial for working with your clients then this workshop is for you.

Please see accompanying form to register early to prevent disappointment as this SPSW workshop will surely be over subscribed.

All welcome - SPSW workshops and events are open to all human service workers