

I would like to attend the workshop on “The Burnout Solution: Professional Endurance and Emotional Intelligence” presented by Daniel J. Fox, PhD. Please register my application (TICK A BOX)

- ☐ **SYDNEY** **11 June 2014**
Wesley Conference Centre,
220 Pitt Street, Sydney NSW
- ☐ **BRISBANE** **13 June 2014**
Broncos League Club,
98 Fulcher Road, Red Hill QLD
- ☐ **MELBOURNE** **16 June 2014**
Darebin Arts and Entertainment Centre,
Cnr Bell Street & St Georges Road, Preston VIC

- ☐ **ADELAIDE** **18 June 2014**
Balyana Conference Centre,
46 Strathcona Avenue, Clapham SA
- ☐ **PERTH** **20 June 2014**
Wollaston Conference Centre,
5 Wollaston Road, Mt Claremont WA

COST

EARLY BIRD RATE:	\$299 per person (applies until 12th May 2014)
STUDENT RATE:	\$270 per person (applies until 12th May 2014) (applies to self-funded and full time students only)
STANDARD RATE:	\$335 per person

- All prices include GST, Payment is required to secure registration.
- Only cancellations in writing will be accepted.
- NO REFUNDS WILL BE GIVEN FOR CANCELLING LESS THAN 5 WORKING DAYS BEFORE EACH SEMINAR. Cancellation policy is final and not negotiable. TATRA regrets difficult personal circumstances that prevent participants to attend, however the logistics of event management prevent TATRA from assuming responsibility for these contingencies.
- Registrations are transferable to another person in full.
- TATRA is unable to accept responsibility for the failure of the presenter to appear due to extreme weather conditions and/or flight cancellations.
- Morning/afternoon tea and lunch will be provided.
- Certificate of attendance will be emailed after the workshop.
- Please provide TATRA with your email address.
- All courses are run subject to minimum numbers.

TIME

9.15am - 4.30pm

PRESENTER

Daniel J. Fox, PhD

TO ENROL

1. Select the course you wish to attend (tick boxes above).
2. Complete the registration form details below.
3. Send this form with correct payment (cheque, money order or credit card details) to TATRA Corporate & Allied Health Training Services.
4. SHOULD YOU REQUIRE AN INVOICE IN ORDER TO MAKE YOUR PAYMENT THEN MAKE SURE THAT WE HAVE CORRECT DETAILS OF YOUR MANAGER OR ACCOUNTS PAYABLE DEPT. YOU WILL NEED TO SUBMIT THIS REGISTRATION FORM TO TATRA IN ORDER FOR US TO ISSUE AN INVOICE.
5. Remittance notice MUST be forwarded to TATRA upon your EFT payment. We will not secure your booking unless we are advised that payment has been made.
6. Credit card payments incur 1.5% surcharge.

NAME: _____

ORGANISATION: _____

ADDRESS: _____ STATE: _____ POSTCODE: _____

TEL: _____ FAX: _____ EMAIL: _____

TAX INVOICE TO BE SENT TO: (Include the correct details of your organisation's Accounts Payable Dept.)

CREDIT CARD DETAILS

☐ VISA

☐ MASTERCARD

NAME ON CREDIT CARD

CREDIT CARD NUMBER

EXPIRY DATE

AMOUNT \$

SIGNATURE

DATE

TATRA

CORPORATE AND ALLIED HEALTH TRAINING SERVICES

TATRA Corporate and Allied Health Training Services

A.B.N. 52 173 802 185

23 Morgan Street, South Brighton SA 5048

Tel (08) 8221 6668 Fax (08) 8221 5033

Email info@tatratraining.com

www.tatratraining.com

TATRA

CORPORATE AND ALLIED HEALTH TRAINING SERVICES

The Burnout Solution

Professional Endurance and Emotional Intelligence

1-day workshop for professionals

**Presented by
Daniel J. Fox, PhD**

APS: Activities do not need to be endorsed by the APS. APS Members can accrue 7 CPD hours by participating in this activity.

AASW: Members can accrue 7 CPD hours by participating in this activity.

PACFA: Members can accrue 7 CPD hours by participating in this activity.

ACA: Double Points Apply.

Program Outline

The Practitioner and Stress

- The definition of burnout, emotional intelligence and professional resilience
- Burnout assessment, where do you stand?
- What is the difference between stress and burnout
- The roots of burnout and compassion fatigue
- Compassion fatigue and burnout, same or different?
- Professional practice and burnout
- The warning signs and symptoms of burnout
- Dissonance is the default - The organisation, you, and burnout
- Sacrifice Syndrome, you and others. Sacrifice Syndrome exercise.

The Brain, Body, and Burnout

- The neurological outcome of burnout
- The physical effects of burnout
- Impaired functioning and professional health
- Can you rewire your burnt brain?

Treating With the Heart

- Transference/counter-transference and burnout
- Compassion Satisfaction/Fatigue Self-Test for Helpers (Figley)
- Therapeutic expectations and client impact
- “Wherever You Go There You Are” Wellness or Lack Thereof
- Jon Kabat-Zinn
- The Saviour Syndrome
- Aggressors, Defeatists, Stars, Storytellers, Clowns, Dominators, and Ax-grinders.
- What is your place? What type of provider are you?

What is Emotional Intelligence?

- What is the history of emotional intelligence and how is it relevant?
- What is it and what is it not?
- Emotional Labor: “I’m running to stand still!”
- The brain and its emotional structure
- Emotional intelligence and clinical risk

Putting Out the Fire:

Burnout Prevention for You and Your Organisation

- Who is emotionally intelligent and professionally resilient?
- Building a positive feedback-loop and combating burnout
- Are you emotionally genuine? Emotional competency
- Emotional intelligence outline
- How does this directly relate to you?
- Becoming the resonant leader - mindfulness and renewal
- The two-prong approach to burnout prevention (self and organisation)
- “Taking on the Job” - Organisational crisis and burnout prevention
- Individual initiative within the organisation
- Awake, Aware, and Attentive - mindfulness for you and your organisation
- Watch, Look, and Listen - Mindfulness exercise. Activity

Enhance your Resilience and Emotional Intelligence to decrease professional burnout and compassion fatigue.

- Buffering burnout and compassion fatigue
- How to take care of yourself - personally and professionally
- Job-Person mismatch from an organisational perspective
- Constructing key relationships to help keep you focused
- How to strengthen restorative relationships in the workplace?
- Resonance and renewal - Mindfulness, hope, and compassion
- Rhythms in my Life - From then till now to burnout no more.
- Workplace emotional intelligence components
- Sustainable change and the five major discoveries
- More than one person - building social support.
- Using social media connections, Facebook, Twitter and LinkedIn to build emotionally intelligent connections and insulate yourself from burnout
- Be the change you wish to see in the world for you, your organisation, and your future

- ▶ Lessen burnout using emotional intelligence.
- ▶ Develop greater understanding of your body and brain function when under prolonged stress.
- ▶ Enhance personal and professional interactions using emotional intelligence as a navigator through systemic stress.
- ▶ Increase or reignite your love for work and engaging with your clients.
- ▶ Strengthen your support system within your professional network and buffer stress and burnout. Enhance understanding and application of Jon Kabat-Zinn’s wellness techniques to decrease burnout.
- ▶ Gain greater understanding and application of Maslach’s burnout prevention within organisations.
- ▶ Learn the skills necessary to achieve burnout recovery and techniques to increase professional resilience you can use today, tonight, and from now on!

Every mental health clinician experiences signs and symptoms of burnout at least once in their career. However, most do nothing about it until their career hangs in the balance. It is not just you or your therapeutic system standing alone. It is stress and burnout that causes this distance. Gaining better understanding and learning the tools necessary to lessen burnout is critical to achieving a long and satisfying career. In this engaging seminar, Daniel J. Fox, Ph.D., will teach you how to identify burnout, learn where you stand along this risky path and how to reengage with your clients and professional environment. It can be done, and it starts with the techniques to get you here!

This seminar will examine the advantages of building professional alliances, strengthening your determination, and honing your self-protective skills through the use of emotional intelligence in your personal and professional life. Your body’s response to burnout, your therapeutic approach, and treatment techniques will be explored and enhanced to move you, your clients, and your therapeutic system to a healthier end.

About the Presenter: Daniel J. Fox (PhD)



Daniel J. Fox, Ph.D. is a clinical psychologist in Texas, USA. For the last 12 years, Dr. Fox has been teaching and supervising students at various universities across the USA, some of which include West Virginia University, Texas A&M University, University of Houston, Sam Houston State University, and Florida State University. He is currently a staff psychologist at the Federal Detention Centre in Houston, Texas. Dr. Fox has a private practice that specialises in working with difficult clients and he continues to teach and provide supervision to the master’s and doctoral students of University of Houston and Sam Houston State University. Dr. Fox has presented numerous workshops and seminars on ethics and personality disorders, personality disorders and crime, emotional intelligence, career sustainability, managing mental health within the prison system, and others. He has published numerous articles on personality, ethics, and neurofeedback. He is the author of *The Clinician’s Guide to Diagnosis and Treatment of Personality Disorders*. Dr. Fox’s specialty areas include ethics, personality disorders, career success, emotional intelligence, and positive mental health.