

ATTENTION: Staff in Pastoral Care and Welfare Roles / Year Coordinators & Teachers Who Deal with At-Risk Students

Emotional First Aid

How to provide effective emotional support to students in crisis

This workshop will give you practical strategies and tools you can use to offer effective brief and short-term assistance to students who are experiencing emotional upsets and crises.

You'll learn:

- How to respond effectively to emotionally upset students to help them gain relief
- How to help upset students to calm and positively change their emotional state
- How to listen effectively and help students to clarify their problems
- How to help students to access their own personal resources
- How to engage students productively in finding solutions

Course Content:

- (i) Basic Counselling and Intervention Strategies (for Non-Counsellors)
- (ii) Emotion-Management Tools For You and For Them
- (iii) Developing Strategies, Seeking Solutions, and Referral Options

You'll learn some effective strategies to defuse negative emotions, create clarity and calm, and focus on solutions. Also learn how and where to refer students for further assistance

Presenter: Steve Wells is an internationally recognised psychologist and teacher who conducts professional and personal development programs in Australia, Europe, UK, Singapore, and the USA. He worked for 10 years in the WA Department of Education and Training in varied roles including Specialist Psychologist in the Students at Risk Program and as Psychologist in Charge of 2 resource centres for students with severe social, emotional & behavioural problems. Steve's workshops are always engaging and full of practical strategies you can apply now to get better results – with less stress! Find more on Steve & his programs at: www.eftdownunder.com & www.execedge.com.au

Emotional First Aid 25 January 2012 Holiday Workshop - Registration

Date: Wednesday 25 January 2012, 9.00am – 3.30pm (Includes light refreshments, BYO lunch)

Venue: St Catherine's College, Park Road, Nedlands (Opposite Uni of WA)

Fee: \$195 Early Bird Discount (If paid by 25 November 2011) \$250 Full Fee (If paid after 25/11).

Bookings: Call Louise 9271 9271, Fax form to: 9271 2250, or Email: events@eftdownunder.com
Refund Policy: 50% refund for cancellations prior to 9/12/11. No refunds after this, however places are transferable.

** THIS WORKSHOP CAN BE RUN IN-HOUSE AT YOUR SCHOOL – CALL OR EMAIL US FOR DETAILS **

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Mail Cheques to: Steve Wells & Associates Pty Ltd PO Box 54 Inglewood WA 6052. (ABN: 69 095 226 921)