



PARTNERING FOR PREVENTION

Healing Persons Workshop

There are principles and practices which are relevant to all who encounter and work with the abused. This interactive workshop will demonstrate some of these principles with the aim of further equipping workers with the skill and confidence to contribute to and facilitate the healing process.

- Understand the person's current functioning in terms of their existing coping strategies
- Identify and strengthen their existing resources.
- Model respect, acceptance and appropriate caring and nurture with the aim of increasing and supporting the person's self-compassion and self-soothing
- Acknowledge the past when it emerges, and assist the person to return to the present for to be stabilised and regrounded in their daily life.

About the presenter:



HELEN BLAKE M Min Grad Dip EFT B Couns BA Dip Ed Dip Bibl Stud
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Helen is an individual and relationship counsellor and psychotherapist with experience in both private practice and community agencies in Sydney. She teaches Pastoral Counselling at Graduate Diploma and Master's level in the School of Theology, Charles Sturt University. Her work in the School of Theology has provided a forum to develop her reflective approach to practice and to gain deeper theological understanding of the clinical work about which she is passionate, and has stimulated reflection on the intersection between faith and the challenges of human life.

Helen is currently working towards a Doctorate in Ministry in the School of Theology, Charles Sturt University. Working with clients whose history includes abuse and neglect alerted her to the deep impact of shame in their lives. Her doctoral work is directed towards an understanding of this experience as it operates unrecognised in relational life every day – among couples, families, colleagues, parishioners and leaders.