

Health Professional well-being through stress management Workshop

Presented by Dr Susan Musikanth



A core ethical duty to prevent
practitioner burnout and to
promote client care.

9 CPD Points Approved:

3 General CEU's and 6 Ethical CEU's

CONTACT:

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BANK DETAILS:

Dr S. Musikanth

Standard Bank

Claremont Branch.

Account Number: 072540230.

Branch Code: 02 51 09.

**Included in the cost, is a FREE
signed copy of my book
STRESS MATTERS**



The workshop will be presented by Dr
Susan Musikanth:

- Counselling Psychologist in private practice.
- And author of Stress Matters, Depression Matters, Marriage Matters, Divorce Matters and Mind Your Golf.



DATES:

These one-day workshops will be
presented on:

22 April (SOLD OUT) 26 August,
2017 and 28 October, 2017.

VENUE:

The workshops will be presented at **Beyond Paradise** a beautiful guest-house, with stunning views of the Langebaan Lagoon.



COST:

R1,450 for the day, including tea, coffee and light lunch.

- Before making payment, please check by phone or email that there are still places available on the day that you wish to attend.
- Then send proof of payment with Registration Form to: susan@musikanth.com so that booking can be confirmed.

Join us at Beyond Paradise, a beautiful guest house in Langebaan. Here we shall spend the day identifying our own stresses as Health Care Practitioners and exploring the many and varied ways to manage and balance these stresses for peak performance and good health.

This we shall be doing through large and small group discussion and various creative means. There will also be the practice of deep muscle relaxation with creative visualisation; a take-home skill to use both for the practitioner's own stress management, as well as, when appropriate, to teach to one's clients.



ACCOMMODATION:

If you wish to stay over in Langebaan before and/or after these workshops, please let us know and we can put you in touch with accommodation agents.

REGISTRATION FORM

HEALTH PROFESSIONAL WELL-BEING
STRESS MANAGEMENT WORKSHOP

A core ethical duty to prevent practitioner burnout
and to promote client care:

TITLE:

FIRST NAMES:

SURNAME:

E-MAIL ADDRESS:

CELL PHONE NUMBER:

OCCUPATION:

HPCSA NUMBER:

OTHER REG. NUMBER:

DATE OF WORKSHOP YOU WISH TO ATTEND:

SIGNATURE:

DATE:

Please forward to any colleagues who would be interested in this workshop.