

Leaders in Education, Training, and Intervention

Therapy Pro is a leader in the planning and delivery of education, training, and interventions for organisations with simple and complex support needs. We work with people of all ages in some of the most challenging urban, rural, and remote environments in Australia.

We have extensive clinical experience in the delivery of services and therapy to people with disability, mental health requirements, developmental delays, and ASD.

Through our training and coaching, we aim to embed clinical excellence to support allied health professionals (AHPs) and their clients in sustainable ways.

Educational Workshop for AHPs: Self-care, Managing Stress, Avoiding Compassion Fatigue, and Burnout

According to Mental Health Australia, burnout rates among AHPs continued to rise. With rates climbing from 80% to 84% from 2020 - 2022.

Further research has uncovered high rates of stress leading to anxiety and depression among what is typically characterised as a 'highly resilient' workforce.

It is critical that AHPs are supported in managing their wellbeing, self care, and mental health.

And by actively doing so, AHPs will ensure a more efficient and effective work environment that not only contributes to a healthier work-life balance, but also allows them to sustainably support their clients.





Educational Workshops delivered by Leaders in Clinical Excellence

Through Therapy Pro's clinical educational workshops, AHPs will get access to a range of topics designed to support you and your patients in sustainable ways.

You'll learn from our qualified and experienced therapists as they expand your knowledge about self-care, stress, compassion fatigue, and burnout.

The workshops are specific, comprehensive, and designed to support you and your clients.

Our facilitators are registered allied health professionals with extensive clinical skills and experience in the mental health field.

Workshop topics:

- Self-Care for AHPs
- Managing Stress
- Avoiding Compassion Fatigue and Burnout
- Client Self-Management Practices

Workshops include:

- 3-hour presentation and workshop with morning tea and breaks
- Practical exercises, activities, and handouts

Supporting Mentally Healthy Allied Health Professionals

It is imperative that Allied Health Professionals have opportunities to expand their knowledge to support their own and their clients' healthcare.

AHPs who attend our Self-care, Managing Stress, Avoiding Compassion Fatigue, and Burnout workshop will learn:

- The reality of impacts of stress and secondary trauma in health care
- The importance of self-care in AHPs and medical centres
- The impact of stress on the nervous system
- How the human nervous system responds to stress and self-compassion
- Combating stress using cognitive and physiological strategies
- Strategies to identify symptoms of compassion fatigue
- Psychological capital, self-care, and burnout prevention
- Barriers and challenges to self-care and self-compassion in AHPs
- Embedding these workshop learnings in everyday professional practise