

# 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 deep 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 medical professionals and their patients in sustainable ways.

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

According to the RACGP, in 2021, 58% of Australian GPs reported that managing fatigue and burnout was one of their top challenges.

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 GPs are supported in managing their wellbeing, self-care, and mental health.

And by actively doing so, GPs 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 patients.



### **Workshop topics:**

- Self-Care for GPs
- Managing Stress
- Avoiding Compassion Fatigue and Burnout
- Patient Self-Management Practices

### **Workshops include:**

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

## **Educational Workshops for GPs delivered by Leaders in Clinical Excellence**

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

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

The workshops are specific to medical professions, comprehensive, and designed to support you, your practice, and your patients.

## **Supporting Mentally Healthy GP Communities**

It is imperative that medical professionals have opportunities to expand their knowledge to support their own and their patient's healthcare.

GPs 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 General Practice
- The importance of self-care in General Practitioners 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 General Practice
- Embedding these workshop learnings in everyday General Practice