

TOOLS TO HELP CLIENTS ENGAGE WITH TRAUMA WORK

- IAN WALLACE

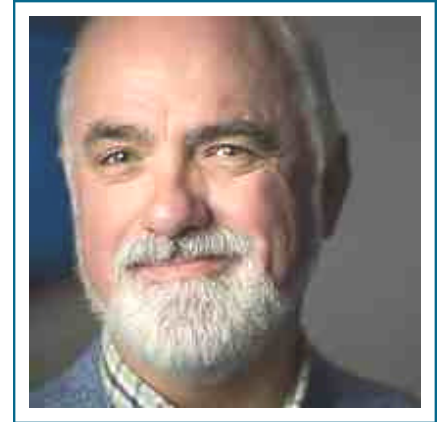


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Learning Together Online

Resource Guide

About Ian Wallace

Ian has over 8500 hours of face to face work with clients and he is an accomplished presenter, teacher, and trainer. He uses his knowledge and experience to present his training courses, bringing to life the subjects he teaches using case presentations and real life experiences to put theory and practice learning in an easy and simple way.



Event Details

How do we help the Client move forward or engage in the work? When is the right time to engage with the trauma? What can we do to make it easier for the Client to talk? Self-care within Trauma work. All these questions and more were discussed in this interactive hour. How valuable do you define yourself, learn to say no, and put effective boundaries into your work and life? In this hour, I will give you an insight into my experience in making and holding effective boundaries. If you're not mentally healthy, how can you be the best you can be for your Client. It's always a trade-off whether your self-employed or employed on how to understand when you need and use a self-care process.

We have so many demands on us from Organisations and our own needs to provide an income that we can sometimes get lost in the process of keeping tabs on our mental and physical health. What are the signs? How do we manage self-care? This hour will help you to understand these aspects of our world, and keep you strong and focused on being the best you can be for all your connections.



Resources for Participants

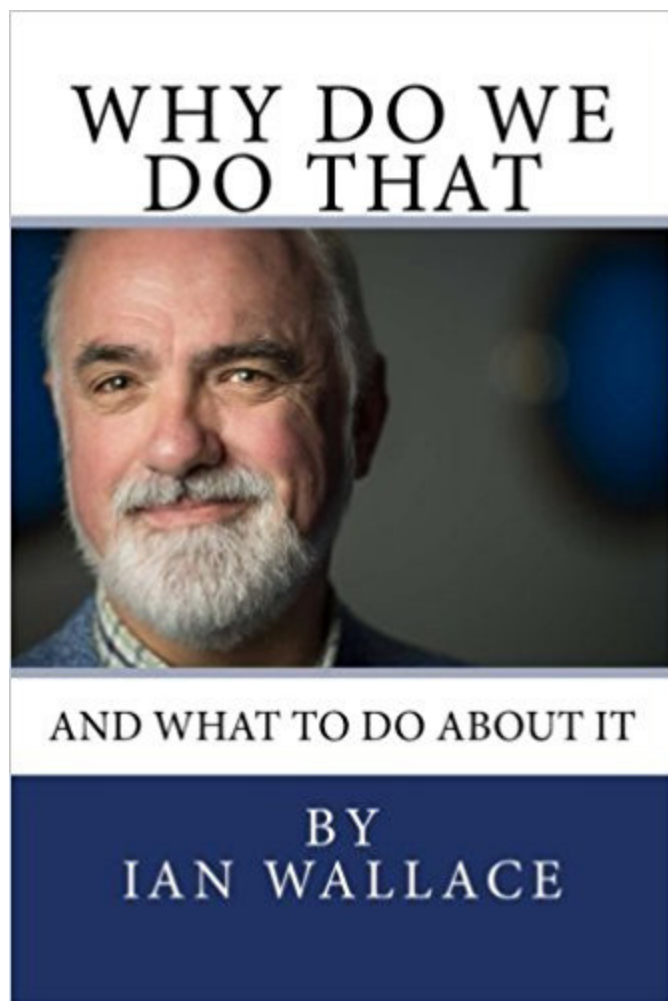
I run a truly free resource website, www.seekingchange.co.uk, which is updated monthly with new ways to help people to understand the human dynamic. It gives people an understanding of the work I do, the awareness I gain through my work, and the tools and interventions that I use in my work with Clients.

I also have a website, www.intuitivetherapy.co.uk, which explores the intuitive therapeutic interventions that all of us have but mostly are not aware of. This awareness helps us to use transference and counter transference within a therapeutic encounter. Building trust and working alliances easier and more connected.

I also have a counselling and therapy practice which offers therapeutic and mental health interventions from myself and other professionals in Wakefield details which can be found at www.counsellingwakefield.co.uk.



Reading



[MORE INFO](#)

This Book or journey is a self-help guide based on over 8,000 hours of counselling practice and the many years of helping myself, and countless Individuals, Couples and Families with their issues and to obtain quality healthy relationships. It will help you to understand why people act the way they do and in doing so will help you to solve the problems that we have and then to have better relationships with anyone that you interact with or you are connected to. That could be Colleagues, Friends, Family, or loved ones. Unless you live on a desert island, and don't interact with other humans, this book will help you to have the life you want instead of the one other people think you should have.

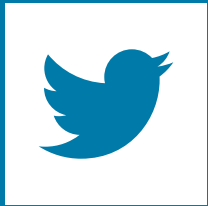
Buy the book and escape the restrictions in your life. It is intended as a helpful aid, but your life is still your life, you need to make decisions and take responsibility for you own actions. These techniques and thoughts are tried and tested; I hope they will help you as much as they have helped me and the countless people I have helped over the years. If you find anything which is not grammatically correct or spelt right then I apologise but I wanted this to be as authentic as it possibly could be to be ME even the dyslexic me. "Have the life you want not the one other people think you should have"



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Contact

www.intuitivetherapy.co.uk



@Brackendalelan



/seekingchange



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Have you recorded your learning?

Don't forget to log 60min of CPD

- 1 What did you learn?
- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

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