

SELF CARE: A MISNOMER?

ELISE MARSHALL



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About Elise Marshall

I am a counselor, trainer, and supervisor. My background includes studying Russian to degree level, teaching English as a foreign language to children in Russia and Hong Kong, working in mental health, homelessness, addictions, bereavement, and violence against women. I have qualifications in yoga teaching and massage therapy.



I'm qualified as a counselor since over 13 years ago and have worked for over 10 years as a therapist, trainer, and supervisor with survivors of

I am now a co-founder and director at Mandala Consultants which is a start up organisation. Their mission is towards working collaboratively to nurture resilience and well-being within individuals, communities, and organisations; and to support social change. They engaged a model of working collaboratively that merges community development approaches with psychological and physical therapies to develop and deliver trauma informed services, training, and organisation support in the areas of trans-cultural working, well-being and resilience, trauma, vicarious trauma, and social change.

I describe my way of working as broadly creative and intuitive while based within a human rights framework, founded on person-centered principles, incorporating systemic thinking and underpinned by mindfulness. My particular areas of interest are vicarious traumatisation, mind body connection, and nature connection; and I am currently prioritising time for reflection and writing on VT.

Resources

The Coordinated Management of Meaning (CMM)

www.positive.news

Positive News is the magazine for good journalism about the good things that are happening.



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