



LOOKING AFTER YOURSELF AS A THERAPIST – 2 HALF DAYS

Two half days on same day. Certificate of attendance. Cost £50/half day £85 whole day
Upcoming dates – on request. Location – Yatton, North Somerset BS49 4QG

Two half day courses in one day - aimed at looking after yourself as a Therapist.

Are you a Massage Therapist or Healer?

Need some ideas on how to look after yourself and within your practice?

Want to avoid burnout?

Want a long career without falling apart or breaking down, or wanting out?

This day is divided into the morning sessions for “physical” therapists and the afternoon for “energy” therapists. Aimed to fill in the gaps you may not have covered on courses, or some revision. There will be a small overlap but each is designed as stand alone.

These helpful tips and short cuts are from my 25 years as a Therapist both working with various forms of massage and healing modalities and training Therapists. I have worked from home, on site, in clinics and mobile. Often learning the hard way, let me share my knowledge with you.

COURSE COVERS:

“Physical” therapists. 9.30 – 1.15. Energy therapists 2.00-5.45

- Morning & Daily Rituals
- 5 minute time fillers
- Maintaining your body or energy (as opposed to ways of working)
- Working from home/on site/clinic
- Physical care & Boundaries
- Putting it all together.
- Although the topics appear the same, content will be different. And of course a load of other things...

Included - All items required for the course will be provided, including refreshments at breaks. Notes and worksheets to complete on the day.

Bring - Please bring your own lunch if relevant. Something to write on & with. Socks/cardie. Please note the house is shared with a small friendly dog.

LEVEL – existing therapists, from newbies, returning or older hands that want some new ideas and refreshers. And of course additional knowledge always means you have something more to share with your clients.

STUDY – all provided on the day. Please allow time afterwards to assimilate and add to your notes.

To Book – please contact Nina at Nina@NinaDungey.com or 01934 876234 to check availability.