

Live Interactive Webinar

The Burnout Epidemic: Harnessing the Imagination to Understand, Prevent and Heal Burnout

Presented by Dr Dina Glouberman

Join live on the day, or access the recording at any time for 30 days.

Burnout is not just about work or work-life balance. Whether at work, in relationships, or in any other area of life, burnout happens when the meaning has gone out of what we are doing and we have too much invested to acknowledge this.

In this webinar participants will learn how to:

- Ask questions that delve beneath the surface of the burnout
- Invite clients to access and harness their imagination
- Reveal the hidden meanings of clients' burnout to help prevent or heal it.

This webinar includes direct experience of powerful imagery processes that we can use to uncover the templates governing clients' lives, and help clients let go of false beliefs that are standing in the way of health.

There will be an opportunity to observe one-to-one work with a participant who wants to explore their own experience of burnout.

Scripts are provided to help you take this work further.

ImageWork can be incorporated into your therapy/coaching toolkit

***Previous delegates at Dina's webinars have said:** An amazing experience both for myself and, in the future, with my clients. Really powerful. Really excellent. A wonderful experiential training day. A great training day, and definitely very helpful. Excellent day, really interesting. Great day, so energising. A wonderful webinar. A wonderful day. Fantastic webinar!! Gained a lot from today. Got some practice to do now.*

Dr Dina Glouberman is an international psychotherapist, coach and world-leader in working with burnout and transformational imagery. With forty years of experience in theory and practice she has authored several books including 'The Joy of Burnout' and 'ImageWork: the complete guide to working with transformational imagery.'

This live interactive webinar is suitable for those working in third sector, educational and coaching settings as well as health professionals, including clinical and counselling psychologists, doctors, counsellors, social workers and mental health nurses. It will be of interest to practitioners of all therapeutic/coaching approaches. It will contribute 6 hours of Continuous Professional Development (CPD)

19th April 2024,
10 am – 4.30 pm
Webinar

Join live on the day, or access the recording at any time for 30 days.

Price:
£120 + VAT
For more information
or to reserve a place visit :-
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