

# SELF-CARE IN HEALTH CARE PROGRAMME

Workshop designed and facilitated by Patrick Sherratt (MED, BA Psych), and Ian Richards (MA Psych)  
Directors of INNERVATE Ltd.

[www.innervate.co](http://www.innervate.co)

## DOCTORS COMMENTS

*Thankyou Patrick.*

*This course delivered so much more than I expected. I learnt new strategies and relearnt old strategies that needed to be refreshed to help me deal with stressful situations and handle difficult situations with colleagues and patients. I also gained insight into how I think, feel and prioritise life and work issues. I now find myself frequently putting these strategies into place and recapping on the learning experiences from the course day – this is having a positive effect on my work and at home. I would definitely recommend this course to medical colleagues.*

**Senior Medical Officer, Anaesthetist**

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*I found the stress workshop very useful at highlighting the likely factors and reasons as to why we struggle with pressure particularly in the health care setting. Patrick was an excellent facilitator and allowed us to reflect on work related issues and were given strategies to help in managing our everyday stressors. I would highly recommend all HBDHB staff to attend.*

**Senior Medical Officer, Respiratory**

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*Fantastic well-structured course. Very useful and practical tips.*

**Senior Medical Officer, Supervisor**

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*This is a worthwhile course which was well delivered by Patrick. There is a good mix of written, visual and audio material. The activities and group interaction was also good.*

**Senior Medical Officer, Renal**

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*I can't recommend this workshop highly enough. Totally relevant to challenges of working in health-care. Safe environment to openly discuss topics. Thank you so much Patrick.*

**Doctor**

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*A great introduction into a broad range of practical psychological principles and techniques for managing stress!*

**GP**

*A well-staged and organised one-day workshop. Practical real world solutions to a real-world problem. To be recommended to all. We owe it to the people we care for to care for ourselves. As the incidence of stress related troubles rise, so the solutions become important to discover. This workshop starts the discovery process.*

**Senior Medical Officer, Gastro**

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Great overview, all makes sense. The training day makes me hopeful that DHB is doing this – so positive.

**Medical Registrar**

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*Excellent presentation using various media to enable us to concentrate for a whole day. Passionate teacher sharing helpful techniques to deal with stress.*

**Dentist**

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*Excellent content. Great delivery. Patrick was a wonderful facilitator; I learned a lot. Will recommend to colleagues.*

**Senior Medical Officer**

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*I attended the workshop on the 2<sup>nd</sup> of April. Prior to the event, I had a degree of trepidation that such an event would be at best unhelpful, however, given my experiences at the end of 2014, I felt it important to explore avenues that may prevent a recurrence of my burn-out.*

*The study day was pragmatic and helpful, and has given me strategies to not only identify my personal triggers for hyper-anxiety but also techniques to try and address these events. I regret not yet setting up a local peer support group as an off-spin to this event as I think there is a good record that such groups help healthcare professionals improve care to the individuals for whom we all care.*

**Senior Medical Officer**

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*I attended the Self-care in Healthcare workshop with Patrick Sherratt on Saturday July 9th. I found it stimulating and very helpful in identifying issues at work which might be contributing to stress and possibly reducing my wellbeing and productivity. The workshop helped me discover methods of coping with those stressors and enhancing mechanisms for dealing with them and helping others in my environment to build strategies of improving individual performance and teamwork. It was enjoyable and it would be well worth others in our organisation attending.*

**Senior Medical Officer**

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*Excellent. Enabled reflection and summarised ideas for positive change.*

**Senior Medical Officer, Palliative**