

- **A Journey to Presence**

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- **Building Compassion Satisfaction preventing Compassion Fatigue.**

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A five day, (five nights, Sunday evening to lunchtime on Friday) residential programme for therapists to build the skills for rest, resilience and recovery both in their professional practice and in their lives outside their practice. 30 hour CPD contact). Incorporating a balance of Theory, Practice and time for Integration.

**\*Workshop commences with Supper at 6pm**

## **Day 1. Evening 1. September 24<sup>th</sup> (1.5 hours)**

**1.5 contact hours (7.15 – 8.45)**

**Theme: Orientation.**

**Method: Lecture and group discussion.**

**Facilitators: Marko Punkanen and Michael Dillon**

## **Day 2 September 25<sup>th</sup> (6 Hours)**

**Theme: Presence – Therapeutic Presence**

**Educational Objectives:** To explore and embody the qualities of Therapeutic Presence and their significance for the therapeutic alliance and outcomes.

**Morning ( 10-1. 3 Contact Hours)**

**9.45 – 11.15**

**Method:** Theoretical Presentation followed by discussion with feedback in small groups and large group.

**Facilitators: Marko Punkanen and Michael Dillon**

11.30 - 12.15 :

**Theme;** Own mindfulness state and body awareness in Dyads and Triads.

**Method:** Individual Mapping exercise

12.15- 1pm

**Method:** Small group discussion with feedback.

**1 pm Lunch**

**Afternoon (2.30- 5.30 3 contact hours)**

2.30 – 3.00pm

**Theme;** Continuation of Morning theme on Presence/Mindfulness state and Body awareness

**Method :** Large group Discussion with Feedback

3-4.15 :

**Method: Practical Exercises** to activate therapeutic presence body movement, dance.

4.30-5.00

**Method;** Individual reflection on therapeutic presence.

5-5.45

**Method:** Group reflection, feedback and shared learning on experience of insights. Co-created learning.

**6pm Evening tea**

**Social Gathering/rest/chill**

### **Day 3 September 26<sup>th</sup> (7 Contact Hours)**

**Theme:** Maps for self-regulation systems

Maps 1. Action Systems ( experiments)

Maps 2. Window of Tolerance

Maps 3. Polyvagal system

Map 4. Emotion Regulation System.

**Educational objectives:** To identify and explore the research on a range of maps for understanding the emotional and psychological regulation system as a means to building resilience and increasing self-awareness.

**Morning ( 10-1. 3 Contact Hours)**

**9.45 – 11.15 (1.5 contact hours.)**

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**Method:** Psychoeducation Input (power-point) with discussion.

## Facilitators: Marko Punkanen and Michael Dillon

11.30 – 12.15 :

**Theme:** Finding our own way – Our own Map.

**Method;** Individual work on self-regulation system.

12.15- 1pm

**Method:** Small group discussion in dyads and triads with feedback on self-regulation system.

**Lunch 1-2.30**

## Afternoon (2.30- 5.30 3 contact hours)

**2.30 – 3**

**Theme: continuation of Morning session**

**Method;** Feedback from morning session and piece on challenges to learning at the edges-

**3-4.15 :**

**Method:** Practical Exercises on Morning sessions/  
movement/play/activation of social engagement system/

**4.30-5.00**

**Method:** Individual reflection on what changes following awareness building, movement/play/activation of social engagement system.

**Method :Integrating/savouring:** further sketching own map/protocol.

**5-5.30**

**Method:** Group reflection and shared learning on experience of insights.

**6pm tea break**

**Evening 7.30-8.30 ( 1 hour contact)**

**Theme:** Integration

**Method;** Facilitated Mindfulness exercise on integration.

**Method** Q n A Space for co-created learning.

**Day 4 September 27<sup>th</sup> (6 Hours)**

**Theme: Compassion fatigue**

**Educational Objectives:** To outline the core elements of Compassion Fatigue, and to build awareness of stressors and boundaries.

**Morning ( 10 -1. 3 Contact Hours)**

**9.45 – 11.15 (1.5 contact hours.)**

**Method :Research based Presentation.**

What do we mean by compassion fatigue burnout and the research on this. Secondary stress and Boundaries.

**Facilitators: Marko Punkanen and Michael Dillon**

11.30 – 12.15 :

**Method: Workshop:** Facilitating Individual participants to recognize indicators of secondary stress in our own lives as therapists.

12.15- 1pm

**Method:** Dyads and Triads. Identifying Stressors.

**Lunch 1-2.45**

**Afternoon (2.45– 5.45 . 3 Contact hours)**

2.45 -3.15

**Theme;** Compassion fatigue and the impact of Limiting Core beliefs.

**Method: Mindfulness practice exercise ;**Activating Noticing brain. Accessing limiting core beliefs. Self -Compassion exercise.

**3.15 – 4.30**

**Method;** Movement exercise for boundaries.

**4.45- 5.15**

**Method** Individual reflection on Compassion fatigue; journaling or other.

**5.15 – 5.45**

**Theme: Addressing fatigue**

**Method:** Mindfulness practice – Accessing soothing system  
**6pm Tea**

## **Day 5 September 28<sup>th</sup> ( 7 Contact Hours)**

**Theme: Compassion satisfaction and resilience.**

**Educational objectives:** Develop skill to identify and understand the components of Compassion Satisfaction and how to use this as a resource.

### **Morning ( 10 -1. (3 Contact Hours)**

**9.45 – 11.15 (1.5 contact hours.)**

**Facilitators: Marko Punkanen and Michael Dillon**

**Method: Presentation on compassion satisfaction.**

**Benefits/**Building resources and resilience/ self care protocol. **Movement to the soothing system.**

**11.30 – 12.15**

**Method:** Individuals reflecting on own experience of Compassion Satisfaction. Journaling or other.

**12.15-1pm**

**Method:** Dyads and Triads 45 minutes on experiencing Compassion Satisfaction.

**Lunch 1pm.-2.30**

## **Afternoon 2.30-5.30 (3 Contact hours)**

**2.45– 3.30**

**Theme: Self Care protocol :**

**Method: Input**

Designing your own self care protocol: Booklet/Journal.

**3.45- 5.15**

**Theme: Building resources Experiential;**

**Method:** Deepening into  
relaxation/movement/music/mindfulness.

Mapping the impact of this on the body.

**5.15-5.45**

Method Individual Reflection with feedback.

**6pm Evening Tea**

## **Evening session 1 hour**

**7.30-8.30 Rest time**

**Theme:** Savouring and Integrating.



**Educational Objectives:** To experience the benefits and impact of savouring and integration as a resource for wellness, and resilience building .

## **Day 6. September 29th 2.5 hours contact.**

### **Morning 10-12-30**

#### **Conclusion and closing ritual**

**Theme:** Key learnings and impact for us as individuals.

**Facilitators:** Marko Punkanen and Michael Dillon

**Method :** Small Group discussions, dyads, visual art presentations and a co created self care protocol/ large group feedback

**Method:** Ceremony /ritual bringing themselves from reflection to somatic awareness to movement, to rest.