

YOU'RE INVITED TO A **ZOOM WEBINAR**



**RURAL NURSES
NEW ZEALAND**
Nga nahi tuawhenua o Aotearoa

GOING VIRAL

PSYCHOLOGICAL THOUGHTS FOR STAFF WEBINAR

WEDNESDAY
25TH MARCH
7PM - 8PM



DR RUTH ALLEN

Clinical Psychologist, PhDPG DipClinPsyc, PG DipJour, MNZCCP
Clinical Psychologist

Ruth has been a DHB clinical psychologist in adult community mental health for decades, including group and individual psychological interventions such as DBT. She completed a PhD in 2011, and now combines part-time clinical work with education (on mental health, workplace wellbeing, BPD, qualitative research methods), research projects and peer review for academic and community organisations.

HER TOPIC WILL INCLUDE:

- Inhaling second-hand stress
- Distress tolerance
- Acceptance and change
- Observing our limits
- Responding to people with premorbid diagnoses
- What you might want to ask a clinical psychologist about COVID-19?

REGISTRATIONS REQUIRED

Please use the following link: <https://tinyurl.com/w93npfj>