

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



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

ACCEPTANCE & CHANGE -

PSYCHOLOGICAL THOUGHTS FOR STAFF

WEBINAR

WEDNESDAY
1ST JULY,
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 at Level 1
- Tolerating distress & anxiety
- Acceptance and change
- Observing our limits

REGISTRATIONS REQUIRED

Use the link: <https://tinyurl.com/y8l89963>

