



“What about me?” Self-care for those who care for others

27 March 2019

Program

0830 – 0900 **Registration**

0900 - 0910 **Welcome and introduction**

Ms Sue Foley, Director, Director of Children’s Court Clinic,
The Sydney Children’s Hospitals Network

0910 - 0945 **When compassion hurts: An introduction to vicarious trauma and resilience**

Dr Angela Dixon, Deputy Head of Department and Senior Clinical
Psychologist, Department of Psychological Medicine,
The Sydney Children’s Hospitals Network

0945 - 1015 **Drawing your line - the challenge of ethics and boundaries in working with children and young people**

Ms Jenny Rose, A/Deputy Head of Social Work, The Children’s Hospital at
Westmead, The Sydney Children’s Hospitals Network

1015 - 1050 **MORNING TEA**

1050 - 1120 **Vicarious trauma and resilience: strategies for workers**

Ms Elizabeth (Liz) Davies and Ms Lynn Mitchell, Clinicians/Trainers,
Independent Consultants

1120 - 1150 **Mindfulness, compassion and wellness for health workers**

Mr Nickolas Yu, Program Manager Staff Wellness and Patient & Family Centred
Care, Sydney Local Health District

1150 - 1200 **Voice of Worker**

Ms Josie Hodge, Teacher, The Hospital School at Westmead

1205 - 1230 **Panel discussion - joined by all Program speakers**



Health