

Self-Reflection Skill Development for RMTs

Saturday, April 25, 2020, 9:00-1:00



Description:

This is a succinct and practical workshop to assist the professional therapist in analyzing your clinical decisions and effectiveness. Using information about good self-reflection practices, we will develop strategies that use each individual's strengths to plan next steps towards enhanced work performance and satisfaction. With a few laughs along the way, the participants will leave with greater insight into themselves and a stronger sense of how to use self-reflection to propel your own professional development.

STRiVE Competencies:

- Practice in a self-reflective manner

Instructor: Wendy Birks, RMT



Wendy graduated from Sutherland-Chan in 1990. She returned as an instructor about two years later and was a valued faculty member until her move to Nelson, B.C. in 2016. Areas of interest include ethics, professionalism, and the mind-body connection. Wendy worked a home-based practice for more than two decades and has also had the opportunity to work in a hospital setting, a multidisciplinary clinic and a spa. As well as teaching in the classroom, Wendy has enjoyed working with students in clinical settings, especially with patients in their senior years, and with people living with a wide variety of chronic health conditions including persistent pain. She describes her teaching style as collaborative, participatory and encouraging.

Cost:

S-C Alumni: \$95.00 + HST
Early Bird: \$80.00 + HST by April 6, 2020

Regular: \$110.00 + HST
Early Bird: \$95.00 + HST by April 6, 2020

Location:

Sutherland-Chan School
15 Gervais Drive
Toronto ON M3C 1Y8

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