

Stress, Emotions and Pain in Paediatrics

PCP and ACT-based workshops for Health Professionals

Workshops Wednesday 23 or Friday 25 October 2024

Centro Hospitalar e Universitário de Coimbra - Hospital Pediátrico



How are you feeling? Stressed, Stuck, Sad, Depressed, Burnt Out or on the way, Angry, Anxious, Afraid or maybe Lost your Direction or concerned about the future?

Working in Paediatrics can be very rewarding but it can come at a cost, both stressful and demanding.

Whether you are exposed to acute, cumulative, critical incident or chronic stress, early or late in your career, this workshop is for you.

Typical approaches to managing stress include meditation, mindfulness, yoga, exercise regularly, get plenty of sleep, make time to unwind, avoid alcohol, have a hobby etc.

These might be of benefit for some, however, in acute and chronic stress they may be neither sustainable nor effective because they focus on avoidance. "I'm not going to let it get to me". Paradoxically, trying not to think about something puts *it* in the spotlight. Relying on avoidance coping mechanisms to manage *unavoidable* stress is inherently problematic.

In contrast, this workshop presents a contemporary approach in psychology to living and working with high-level stress. The workshop is grounded in Acceptance and Commitment Therapy (ACT) and Personal Construct Psychology (PCP). PCP and ACT are presented in this workshop as a two tier approach to living and working with stress.

Skills in PCP constitute the first-level approach by reconstruing the situation and considering alternative views, which may be sufficient in managing work stress in many situations.

Skills in ACT constitute the second, deeper approach to stress especially critical incident, chronic and on-the-edge of burnout stress characterised by a sense of hopelessness, loss of direction or being stuck.

In addition, participants will learn and practice mindful distraction and guided imagery in the afternoon, which they can teach to children, adolescents and parents. These skills can be used with pain, fear and symptom management, sleep disturbance or creating a special place for the child and parent in palliative care.

Workshop Program

- 08.30 – 10.30 Work Stress: Extent of Problem, what is possible, not possible, what can we do when stress is unavoidable.
Two Level Approach to living and working with stress.
1. Reconstruing stress : Personal Construct Psychology (PCP)
 2. 180 degree Paradigm Shift: Acceptance and Commitment Therapy (ACT)
Core Principals – Stepping stones into ACT
- 10.30 – 10.50 Coffee Break
- 10.50 – 12.15 Mindfulness and Defusion Techniques
Values and the road ahead.
- 12.15 - 13.00 Lunch Break (Own arrangements)
- 13.00 - 15.00 Guided Imagery Technique: theory, practice, demonstration.
Guided Imagery Cases: review and discussion of videos.
- 15.00 - 15.20 Coffee Break
- 15.20 - 17.00 Skills practice: guided imagery.
Group discussion and feedback: preparing for clinical practice.
- 17.00 Finish



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I am delighted to be returning to Coimbra and very grateful for the support from Dr Dora Oliverira with this education and training.

This trip also includes workshops in the UK and South Africa.

Venue:

Contact: Dr Dora Oliveira. Anaesthesiology Hospital Pediátrico.

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Cost. Euro 120

This workshop is for all staff working with children and adolescents from Acute, ED Theatre, Community to Palliative Care.

Participating in this workshop will provide you with skills you can use and apply immediately with stress in any situation or setting.

Places are limited. To register please email Dr Oliveira by **Friday 6 September 2024**