

# Exploring SELF CARE with our Clients

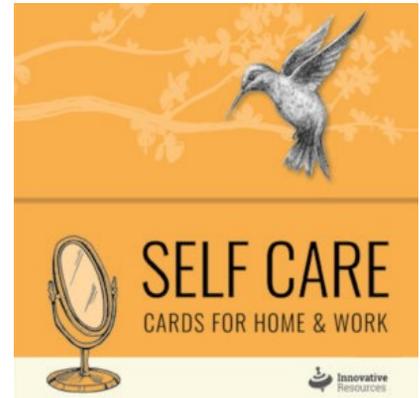
*A reflective and experiential workshop*

Self-care is a broad term that encompasses just about anything a person does to take care of themselves. Practising self care prevents burn out and promotes self compassion, a good mental frame to be able to hold ourselves as we meet life's challenges.

Learn how visual resources can aid in self-care. In this workshop, we will be sharing practical guided strategies on how you can use visual therapeutic tools to reflect and strengthen wellbeing your clients and for ourselves as People Helpers.

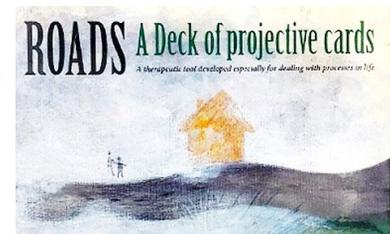
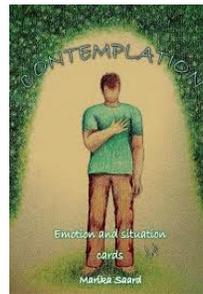
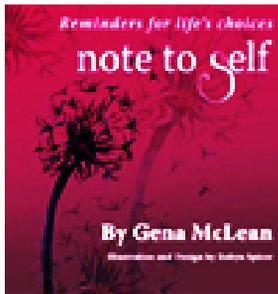
## Workshop Outcomes

- ✓ Understand the Need for Self Care with Clients
- ✓ Learn how to Explore the Family History of Self Care
- ✓ Embarking on Self Care in Client's Current Journey
- ✓ Sustaining Self Care throughout the Client's Journey
- ✓ Self Care for the Helper and Connection with Client's



## Who should attend?

Teachers, Counselors, Social Workers, Therapists, Youth Workers, Psychologists, Parents and others who is interested in learning strategies for support others and themselves in self care.



## Trainer Details

Mr. Udhia Kumar is an experienced practitioner who has many years of training experience in the area of strength approaches to his practices. He is very creative in combining the visual therapeutic tools in his work with individuals and families as well in his training. Participants find his training informative and useful.

He has a Bachelor of Social Sciences in Social Work and Psychology from the National University of Singapore. He has also obtained a Post Graduate Diploma in Solution Focused Brief Therapy from the Brief Therapy Centre, Milwaukee US, as well as a Diploma in Clinical Supervision from Counselling & Care Centre. Kumar currently practices in a community based social service agency in Singapore and has been doing so for over 20 years.

## Visual experimentation using the resources



We are committed to keeping class sizes small to facilitate interaction, so please register early.  
**Training will be highly experiential and interactive.**

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