

PEER SUPPORT GROUP FACILITATOR TRAINING

9th September 2020
7pm-8.30pm
Webinar

This 90 minute presentation and interactive conversation will introduce you to some key concepts and skills for facilitation of peer support groups. Topics will include boundaries, self-care, and some micro-skills of facilitating a group. Skilled group facilitators and trainers Dr Carolyn Russell and Dr Johanna Lynch will present practical skills suitable for all those who have an interest in facilitating cultural change in our medical community – making safe conversations about our work and lives a normal part of our professional and personal lives. Carolyn and Johanna have co-facilitated one peer support for 10 years and are keen to share insights from that journey. Come ready to share in this conversation!



Dr Carolyn Russell is a GP psychotherapist, and Certified Relationship therapist, who has been a Medical Educator for Uni of Qld, for GPTQ and RACGP, and for Cognitive Institute. Her interest in facilitation of support groups for doctors started in a Multidisciplinary clinic in 1997, and she has continued as a peer with one of these groups to this day. She is partner with Johanna in Mental Health Professional Network group facilitation for the past 10 years, and is committed to working together for her patient care, as well as for her own care. Her work is changing to mostly training, supervision and Relationship work after 20 years as working with individuals in a multidisciplinary private practice setting in north Brisbane.

Dr Johanna Lynch is a GP Psychotherapist who has facilitated GP and multidisciplinary case consultation groups for the RACGP, Australian Society of Psychological Medicine, and Mental Health Professional Network for the last 10 years. She is a trainer in Focused Psychological Skills for GPs and GP registrars, works caring for adult survivors of childhood trauma in her community, and has recently been awarded a PhD in whole person approaches to distress.

Queensland Doctors' Health Programme is the service arm of Doctors' Health in Queensland. QDHP is an independent service supported through funding from the Medical Board of Australia.

PLEASE RSVP: By Monday, 7th September 2020 by email to admin@qdhp.org.au

Any questions, feel free to contact Dr Margaret Kay – Medical Director QDHP at md@qdhp.org.au

This activity is pending RACGP approval for CPD activity points.



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