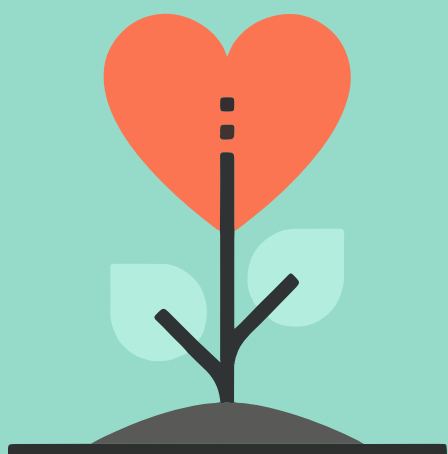


Self-care for psychologists and healthcare workers

*Free online learning course



This short course has been developed by the Australian Psychological Society to help psychologists and other healthcare workers practice self-care.

Looking after yourself is key for your own emotional wellbeing, and for the wellbeing of your clients. With many healthcare workers experiencing burnout, this is more important than ever.

Our course covers what self-care is and what the barriers are to undertaking regular self-care. Our toolkit will help you to assess your own needs and develop your own plan. You will be provided with a range of useful resources and references to help support your ongoing self-care.

***Free** when using the promo code 'SELF' | Normally \$160.
Offer valid until February 22, 2021. Go to psychology.org.au/event/19074

The APS has an extensive range of high quality training opportunities and events for psychologists and health care professionals, including conferences, online courses, workshops and webinars to help aid your career and professional development.

Not a psychologist? Consider becoming an APS affiliate member for \$180 (normally \$328) and receive a range of discounts on these offerings – as well as access to one Interest Group subscription and a large range of resources and the latest news and content until 31 May 2022.

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