

## Self Care for Therapists Working Online: Video Course

Christiane Sanderson

Video Course  
CPD/CE credits: 3

Price: £65



Online video access remains available for 1 year from the date you receive the video course.

While working online has presented us with many opportunities – it has also brought a number of challenges our way: **adjusting to online therapeutic delivery, screen fatigue, COVID related Trauma and the difficulty of staying present and embodied** – to name just a few. As psychotherapists and counsellors, we all have our own versions of self-care routines that enable us to keep functioning at high levels of efficiency. **Online work demands a different kind of physical stamina, adjustments to somatic signalling and new ways of setting boundaries.** We, as therapists thus need new and updated self-care routines that can meet the demands of an increasingly online world.

At this topical seminar Christiane Sanderson takes a fresh look at factors that can expose us to the risk of Secondary Traumatic Stress (STS), vicarious traumatisation and burn-out. She uses **assessment measures** (these will be shared with delegates) to explore the signs and symptoms of STS and discuss how these can be managed in the current online working environment. She extends these learnings to also explain how supervisors and managers can ensure minimising risk of STS in staff.

Specifically, the seminar allows us to comprehend:

- **How does our self-care regimen need to change when we are primarily working online**
- How do we use assessment scales to identify early onset of STS and signs of burn out
- The impact of STS on practitioners as well as organisations
- A range of self-care strategies that can ensure professional and personal well-being
- Exercise techniques that can help us keep up physical energy levels and remain embodied in our therapeutic interactions
- **How self-care is not an optional activity – but rather an iterative process** that needs clear self-awareness and a realistic assessment of internal needs
- How we can fine tune our approach to compassion – with a view to maintaining good boundaries and being fully present during our client interactions



- How does 'being present' change when we are interacting with the client online

#### About the speaker

**Christiane Sanderson** BSc, MSc. is a senior lecturer in Psychology at the University of Roehampton, of London with 26 years of experience working with survivors of childhood sexual abuse and sexual violence. She has delivered consultancy, continuous professional development and professional training for parents, teachers, social workers, nurses, therapists, counsellors, solicitors, the NSPCC, the Catholic Safeguarding Advisory Committee, the Methodist Church, the Metropolitan Police Service, SOLACE, the Refugee Council, Birmingham City Council Youth Offending Team, and HMP Bronzefield.

She is the author of *Counselling Skills for Working with Shame*, *Counselling Skills for Working with Trauma: Healing from Child Sexual Abuse, Sexual Violence and Domestic Abuse*, *Counselling Adult Survivors of Child Sexual Abuse*, 3rd edition, *Counselling Survivors of Domestic Abuse*, *The Seduction of Children: Empowering Parents and Teachers to Protect Children from Child Sexual Abuse*, and *Introduction to Counselling Survivors of Interpersonal Trauma*, all published by Jessica Kingsley Publishers. She has also written *The Warrior Within: A One in Four Handbook to Aid Recovery from Sexual Violence*; *The Spirit Within: A One in Four Handbook to Aid Recovery from Religious Sexual Abuse Across All Faiths* and *Responding to Survivors of Child Sexual Abuse: A pocket guide for professionals, partners, families and friends* for the charity *One in Four* for whom she is a trustee.

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