



# #7 Holding Space for Self and Others

Creative Interventions

# Agenda

- Welcome
- Creative Interventions
- Special Guest: Liana Lowenstein
- Connecting In
- Burn Out Prevention
- Prize Giveaways

# Liana Lowenstein

MSW, RSW, CPT-S



Liana Lowenstein is a Registered Social Worker, Certified Play Therapist-Supervisor, and Certified TF-CBT Therapist who has been working with children and their families in Toronto since 1988. She presents trainings across North America and abroad.

Liana's 12 books on child and family therapy are known internationally for their innovative and practical techniques.

# *Connecting In*



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# Burn Out Symptoms

- Have you become cynical or critical at work?
- Do you drag yourself to work and have trouble getting started?
- Have you become irritable or impatient with co-workers, customers or clients?
- Do you lack the energy to be consistently productive?

<https://www.mayoclinic.org/>

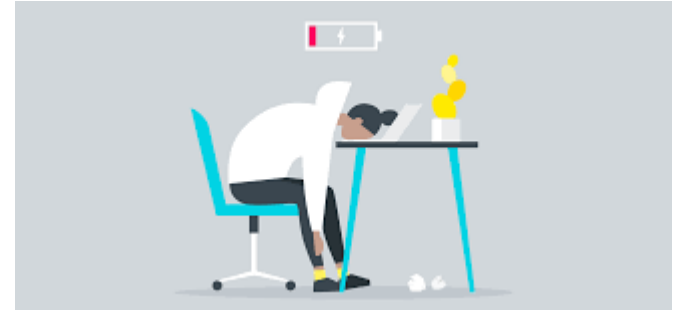
# Burn Out Symptoms

- Do you find it hard to concentrate?
- Do you lack satisfaction from your achievements?
- Do you feel disillusioned about your job?
- Are you using food, drugs or alcohol to feel better or to simply not feel?
- Have your sleep habits changed?
- Are you troubled by unexplained physical complaints?

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# Possible causes of job burnout

- Lack of control.
- Unclear job expectations.
- Dysfunctional workplace dynamics.
- Extremes of activity.
- Lack of social support.
- Work-life imbalance.



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# Job burnout risk factors

- You identify so strongly with work that you lack balance between work and personal life
- You have a high workload, including overtime
- You try to be everything to everyone
- You work in a helping profession
- You feel you have little or no control over work
- Your job is monotonous

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Mayo Clinic researchers demonstrated that when academic physicians have less than 10%-20% of their work time to do what they care about most, burnout rates increase to extremely prominent levels (>50 %).

[Cureus](#). 2019 Jun; 11(6): e4805.

Published online 2019 Jun 3. doi: [10.7759/cureus.4805](https://doi.org/10.7759/cureus.4805)

A Review on Strategies to Manage Physician Burnout

Monitoring Editor: Alexander Muacevic and John R Adler

[Rikinkumar S Patel](#), [Shiana Sekhri](#), [Narmada Neerja Bhimanadham](#), [Sundus Imran](#), and [Sadaf Hossain](#)

# Burnout Prevention

Doing even 10-20% of your work time on what you love serves as burn out prevention.

# Group Time

# Group Time

1. Do you have any symptoms of burn out?
2. What part of your work do you love best?

# FUN and PRIZES



# Mindfulness Meditation

Margie Braunstein

Live Interactive Webinar, May 14

\$40

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# Playful Narrative Therapy Part 1

Kim Billington

Live Interactive Webinar, May 20

\$40

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# Nature Based Play Therapy for Children, Teens and Families

Jamie Lynn Langley

**Live Interactive Webinar, May 29**

**\$40**

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**Special Guest**  
**Dr Jodi Mullen**  
**Wednesday 27<sup>th</sup> May**  
**10.00 - 11.00am**  
**AEST**  
**Register Now**

