



**Aboriginal Medical Services
Alliance Northern Territory**

Social & Emotional Wellbeing

SEWB & SELF-CARE TRAINING

This is a one-day training program that gives participants an opportunity to explore the components of the Social and Emotional Wellbeing (SEWB) model and gain a deeper understanding of how they might be able to support SEWB in a holistic way within different roles. We also raise awareness and provide techniques for how to take care of ourselves so that we can better support others.

TOPICS INCLUDE

- History of SEWB in the NT
- Exploring the seven domains of SEWB
- Understanding the determinants of wellbeing
- The nine principles of SEWB
- Exploring our roles as SEWB workers
- Working effectively in a team
- Vicarious Trauma, Compassion Fatigue, Burnout and Self-Care
- Understanding holistic care
- Skills for self-compassion
- Circle of influence and letting go of things outside of our control

UPON COMPLETION OF THIS TRAINING, PARTICIPANTS WILL BE ABLE TO

- Have a basic understanding of the history of SEWB in Australia and the NT
- Understand terms and concepts associated with the SEWB model and what it looks like in practice.
- Better understand their role in supporting SEWB, and some of the training/career pathways that are available to them.
- Understand the importance of holistic care and teamwork when working in SEWB
- Recognise vicarious trauma and the importance of self-care
- Develop skills for self-compassion and letting go of things outside of our control.

TARGET AUDIENCE

All staff working in Aboriginal Community Controlled Health Services or Organisation, such as:-

- SEWB Workers
- Psychologists
- Counsellors & Social Workers
- Case Management
- Aboriginal Support Workers
- Managers & Coordinators

DELIVERY METHOD

This workshop has been specially designed for delivery to services who work to support the SEWB of Aboriginal Territorians, in a face-to-face structure.

for enquiries and requests email: sewb.training@amsant.org.au