



The Stress Management Institute in association with the Centre for Professional Therapy

Presents

## TEACHING STRESS MANAGEMENT · Part II : Diploma Level

This 40 hour training programme is designed for professionals who wish to acquire the skills necessary to teach Stress Management in a variety of professional environments. Participants will discover how learning theory is used effectively to promote behaviour change in a teaching or training environment. Participants will deepen skills learned in Part I and will explore further components of effective Stress Management including Mindfulness, Releasing Muscular Tension, Nutrition, Managing Emotion, Resilience, and dealing with Personality Factors. Trainees will investigate the interrelationships between Stress, Emotional Intelligence and Trauma.

*This is a 'train the trainer' course and participants will be required to pass a professional suitability evaluation at the end of the course.*

### WHO SHOULD ATTEND

Health care professionals, psychologists, psychotherapists, counsellors, social workers, educators, human resource professionals, occupational therapists, somatic educators, and anyone who deals with stress and its effects in their daily lives. Participants must have successfully completed the certificate in *Teaching Stress Reduction and Relaxation Skills* or the certificate *Teaching Stress Management Part I*

### Course Dates: Spring 2009

Thursday AM Course (9.30am – 12.30 pm) Feb 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>.

Thursday PM Course (6.00pm – 9.00 pm) Feb 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>.

Three day professional suitability evaluation AM Course (9.30am-5.30pm) April 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>.

Three day professional suitability evaluation PM Course (9.30am-5.30pm) April 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>.

**Course Cost: €1,400.00 · Including materials, workbook, and relaxation CDs.**

**Duration:** 40 Hours over 12 weeks ·

**Venue:** The Stress Management Institute Stoker Hall, 16 Harcourt St, Dublin 2

**Facilitators:** Ray McKiernan, Ann Cox, Susan Eustace (Biographies on Website).

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**REGISTRATION:** As places are limited it is advisable to book early. To register fill in the form below and send it with a €200.00 refundable deposit to the Stress Management Institute, 16 Harcourt St. Dublin 2. Tel. 01 4789469.

Deposits refundable before Feb 1<sup>st</sup> 2009 Web links: [www.stressmanagement.ie](http://www.stressmanagement.ie) [www.professionalthrapy.ie](http://www.professionalthrapy.ie)

NAME: \_\_\_\_\_ Email: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NO(s): \_\_\_\_\_

OCCUPATION: \_\_\_\_\_ ORGANISATION (where relevant) \_\_\_\_\_

Please tick AM Course

PM Course