



*The Stress Management Institute of Ireland in association with Tipperary Institute*

*Present*

## **TEACHING STRESS MANAGEMENT - Part I : Certificate level**

### **The Course**

This 20 hour training programme is designed for professional and personal growth. This programme will introduce participants to the eight most effective scientifically proven techniques to manage and combat the effects of stress. Participants will learn to design a training strategy to introduce these proven techniques to their target population. This programme is experiential in nature and is facilitated in a relaxed and supportive manner with emphasis on personal engagement. Participants will explore the most effective techniques for managing stress including breathing techniques, progressive muscular relaxation, visualisation, autogenics, meditation, cognitive restructuring, exercise and wellness.

**The Facilitators:** Ray McKiernan, Ann Cox & Susan Eustace

*Full biographies on following page*

### **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.

**Course Dates:** Contact Stress Management Institute for details.

**Venue:** Tipperary Institute, Nenagh Road, Thurles, Co. Tipperary.

**Course Cost:** €700.00 · Including workbook and relaxation CDs.

-----Cut here for Booking Form -----

**REGISTRATION: As places are limited it is advisable to book early. To register fill in the form below and send it with €100.00 refundable deposit to the Stress Management Institute, 16 Harcourt St, Dublin 2. Tel: 01 - 4789 469.**

Web links: [www.stressmanagement.ie](http://www.stressmanagement.ie) and [www.tippinst.ie](http://www.tippinst.ie)

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

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

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

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

# Training Facilitators

## **Ray McKiernan MA**

Ray McKiernan is lead trainer, researcher and director of the Stress Management Institute of Ireland. He is a certified Stress & Wellness consultant with the internationally renowned Hans Selye Foundation in Canada and has completed his clinical training in Mind-Body Medicine in the Harvard Medical School in Boston. Ray provides Stress Management training to the health care, pharmaceutical, financial, engineering and software industries and has worked with many of the largest organisations in the state. As lead trainer to the Defence Forces, he delivered specialist instructor training programmes to their Personnel Support Services. Ray provides training to the Law Society of Ireland, the Migraine Society and is a specialist skills trainer to postgraduate counselling and psychotherapy students in DBS School of Arts. He speaks at many conferences and recently was an invited speaker on 'Stress and the Medical Model' at the European Health Conference hosted by the Actuarial Profession in Dublin in May 2008. Ray specialises in presenting complex scientific material in a clear, understandable and effective manner using a training style that is encouraging and supportive.

## **Susan Eustace MSc Counselling Psychology**

Susan is clinical director of and senior consultant to the Stress Management Institute of Ireland. She holds a BA in pure psychology from UCD and graduated with a Masters Degree from Trinity College Dublin. As a member of the core teaching staff on the MSc in Counselling Psychology course in TCD, Susan has responsibility for the design, provision and examination of counselling theories, together with lecturing and facilitating workshops. She is a specialist skills trainer and professional suitability evaluator on the BA in Counselling and Psychotherapy, DBS School of Arts and a tutor in Developmental Psychology on the Graduate Diploma in Primary Education in Hibernia College. Susan has a private practice in the Centre for Professional Therapy, Dublin 2. She has also lectured on Behavioural Science and Human Development in the School of Medicine, TCD and is an experienced facilitator on workshop topics such as Coping Skills, Working with Patients with Cancer, Resilience and Self Care Skills.

## **Ann Cox MSc**

Ann is a director of the Stress Management Institute of Ireland, and is a senior trainer on their professional training programmes. She qualified as a social worker and subsequently completed a Masters in Psychotherapy with St. Vincent's University Hospital and UCD. While working as a psychotherapist, Ann did further training in Stress Management and Trauma Therapy.

Ann is a lecturer, skills trainer and professional suitability evaluator on the BA in Counselling and Psychotherapy in DBS School of Arts. As a member of the Departmental team, she has overall responsibility for the development of the Stress Management programmes. Ann has a wide experience of training groups in the education, healthcare and corporate sectors. In addition to her private psychotherapeutic practice, she provides one-to-one Stress Management and EAP consultations.