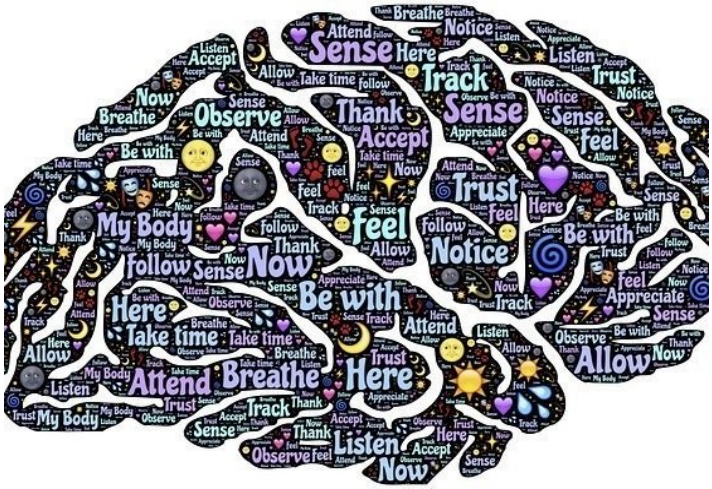


First responders

Self-Regulation & Well-being for Those Who Care for Others

Neuromodulation for Better Health

30 October 2020

Carramar

Workshop Outline

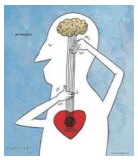
The work of First Responders although highly rewarding, is also extremely challenging and stressful. Being in the front line, responding to the immediate needs that may include life and death situations or threat to own safety is taking a tool on nervous system, the mind and soul of the first responders; firefighters, ambulance officers, police force members or disaster relief workers alike.

Assisting people who are exposed to such events on daily basis is critical in ensuring that they are able to continue their work and stay well. Stress in this line of work is inevitable but knowing how to manage such stress so it does not have a long lasting impact on mental and physical health of individuals is essential. To take care of others, the first responders need to be able to think clearly and stay emotionally balanced.

This workshop is designed to expand on your understanding on the impact of chronic stress on nervous system and will offer you tools and techniques that can assist with your self-care. '*Self-care and neuromodulation* ' workshop is neuroscience based, practical and offers innovative ways of implementing self-care strategies that are effective and easy to use.

All neuromodulation devices presented in this workshop are used in our clinical practice with demonstrated benefits to client and staff. The aim of this workshop is to provide hands on experience and a taste of neuromodulation devices and techniques such as: HRV Biofeedback and Auditory Training.

Workshop Program



Introduction
- ✓Physiology of fear
- ✓The impact of trauma on CNS
- ✓Social Engagement theory and why it is important
- ✓Impact of prolonged and chronic exposure to secondary trauma on physical, emotional and psychological health

Self-regulation & Co-regulation
- ✓Open session on what was done, what worked and want did not work

What is Neuromodulation
- ✓Tools available and the Science behind it

Neuromodulation in action
- ✓Demonstration in using the Neuromodulation equipment
- ✓finding individual protocol/s
- ✓how to integrate these tools in every day practice

Closure
- ✓Questions & Answers

Who should attend

This course is catered for First responders (firefighter, ambulance officers, police force member or disaster relief worker) and others interested in the impact of stress on mind and body and use of neuroscience based technologies to maintain well-being.

Technologies demonstrated

- ✓ HRV biofeedback
- ✓ Auditory Training

Workshop Fee

$490.00

For more information visit: www.anfi.org/training

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