

## Special Interest Groups: starting points

### PROFESSIONAL DEVELOPMENT

#### Caring professionals ▼

TEACHERS, DOCTORS, CONSULTANTS, NURSES, SOCIAL WORKERS, POLICE OFFICERS, EMERGENCY CREWS, CARE WORKERS, VOLUNTEERS

A career in the caring professions can be physically and emotionally very demanding. Burnout, staleness and deep fatigue are often a threat. These links to practical material in *The Mind Gymnasium* will enable you to assess, and attend to, your professional needs and deficits, and the personal needs on which they often depend.

#### Therapists ▼

TRAINERS, COUNSELLORS, COACHES, FACILITATORS, PSYCHOTHERAPISTS, CAREER COUNSELLORS

A listing of links to a selection of stimulating notions, and material likely to be useful to you and your clients.

#### Managers ▼

A listing of self-assessment quizzes, theory, and practical recipes for action that will be relevant for all management roles.

#### I've just been promoted, or am about to be, (or would like to be) ▼

A listing of material that will help you undertake the personal and professional development likely to be necessary for survival and flourishing at a new level in your work.

Click on the headings for a dropdown menu.

### PERSONAL DEVELOPMENT

#### Just curious about yourself? ▼

A listing of some of *The Mind Gymnasium's* ways of exploring and enhancing your personal potential. For example, find out how you can move on in your life from survival, or recovery, to flourishing.

#### Counselling and psychotherapy clients ▼

A list of links to sections of *The Mind Gymnasium* that will support and deepen the work you are doing in your therapy and to help you gain a better understanding of how to negotiate any difficulties, or transitions that may arise.

#### Education ▼

TEACHERS, EDUCATORS, STUDENTS/TRAINEES, TEACHING ASSISTANTS, PARENTS

A listing of practical lines of enquiry, plus exercises and theory that teachers or trainers can adapt for course content, print as handouts (or use the CD-ROM for self-directed exploration by students/trainees).

#### Seeking help? ▼

If you are looking for help with a life difficulty of your own, or on behalf of a friend or relative, *The Mind Gymnasium* can provide practical guidance on what help might look like... how to hire a practitioner and what you can expect from a therapy/counselling relationship.

As you'd expect, many of these listings overlap.