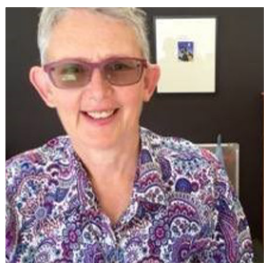




LIMITED PLACES  
BOOK ONLINE  
TO SECURE  
YOUR PLACE



Dr Wendy McIntosh



Colleen Reid



Sue Walker

# The Impact of Stress and Trauma on Mental Health and Wellness

*Cambodia | 06 - 14 Jan 2023 | 15 CPD Hours*



# (15 CPD Hours)

## The Presenter:

### **DR WENDY MCINTOSH**

RGN, RMHN, Grad. Dip MH, MN, Cert IV Workplace Assessment & Training, Group Leadership Cert, MRCNA, MANZCMHN, AANZPA  
Wendy has over 30 years of experience as a health professional (clinical, education, and research), twenty-five of those years in mental health. Areas of specific interest and passion for Wendy include professional supervision, professional boundaries, professional identity, links between childhood trauma and mental illness, and workplace bullying.

Wendy has over 20 years of experience as a psychodrama trainee – lifelong learning. She is committed to using experiential learning in the work she does with individuals and groups. Wendy maintains a full diary of workshops throughout Australia and London UK and consistently receives feedback on her passion, knowledge, and creativity as a presenter and facilitator.

Wendy is continually integrating learning and insights she gains from the work she does within professional boundaries. She has developed internet training tools and education packages for individuals/organisations and delivers webinars for organisations.

With the assistance of six podcast episodes titled 'Professional Boundaries', Wendy is exploring and guiding listeners on their

### **COLLEEN REID**

Most of my professional nursing career was spent in adult mental health in public and private mental health hospitals and community settings. I managed a mental health special care unit for many years. The last five years of my professional life was spent teaching in the Diploma of Nursing TAFE.

I have now retired and like many of my fellow nurses - there came a time when it was right to do so. So now there is a little more time to reflect and read many of those articles that sat waiting for the elusive spare time.

There have been many changes in our practice since I commenced training in 1974 (psychiatric then general and obstetrics) and our narrative about who we are and what we do has often been revised.

Whether in my clinical roles, in hospital or community settings or in my teaching roles our story and how this interacts with clinical practice has been both fascinating and frustrating. And fabulous and funny. Want to hear a good story?...ask a nurse."

### **SUE WALKER**

RN, BN, BN (ADMIN), MPHIC (PALCARE), MACN

Sue is a director and co-founder of the Nurses for Nurses Network and the Nursing CPD Institute. As a Nurse Education Consultant, Sue is a member of the Education Governance Committee of the Institute as well as a key contributor to the online education platform Continuing Professional Development library.

As a Registered Nurse, Sue holds Degrees in Nursing and Health Administration, a Master's Degree in Primary Health Care majoring in Palliative Care, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, Training and Assessment, and is also an Accredited Mental Health First Aid Trainer.

Sue has extensive experience both as a clinician, educator, and senior manager in the acute, aged care, community, and palliative care settings. Sue is passionate about making a difference to the way in which people experience the health care system. "Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession – the backbone of the healthcare system. It is the knowledge and skill of the individual Nurse that will have the greatest influence on the happiness and health outcomes of each and every client."



# Itinerary

Date	Time	Presentation
Day 1: 06/01/2023	1730 - 1930	Welcome and Registration Reception
Day 2: 07/01/2023	0900 - 1200  Afternoon Evening	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"><li>Defining Trauma and where Stress and PTSD fit</li><li>The impact of Trauma in the workplace: a clinical Nurse's perspective</li></ul> <b>Included Tour: Phnom Penh History</b> <b>Optional Networking Activity: Enjoy sunset drinks at the Sky Bar (additional costs apply)</b>
Day 3: 08/01/2023	0900 - 1200  Afternoon 1400 - 1700 Evening	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"><li>Explore how trauma impacts on the major systems of the body</li><li>Understanding the interplay between trauma, the limbic system and chronic health conditions</li></ul> <b>Explore at your leisure</b> <b>Optional Tour: Architecture Tour by Cyclo (additional costs apply)</b> <b>Included Activity: Sunset cruise on the Mekong River</b>
Day 4: 09/01/2023	Travel 1730 - 1830	<b>Transfer from Phnom Penh to Siem Reap</b> <b>Welcome to Siem Reap Reception</b>
Day 5: 10/01/2023	0900 - 1200  Afternoon	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"><li>Substance Use for Self-Care</li><li>Explaining the dissociative state</li></ul> <b>Included Tour: Tonle Sap - the largest lake in Southeast Asia</b>
Day 6: 11/01/2023	Full Day 1800 - 2200	<b>Included Tour: Angkor Wat and Temple Exploration</b> <b>Optional Tour: Food Tour of Siem Reap (additional costs apply)</b>
Day 7: 12/01/2023	0900 - 1200  Afternoon Evening	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"><li>What is Transference</li><li>Psychodynamic models to help us understand our response to patient trauma</li></ul> <b>Included Tour: Village Walk and Talk</b> <b>Included Activity: Dinner and the Phare Circus</b>
Day 8: 13/01/2023	0900 - 1200  Afternoon 1400 - 1700 Evening	<b>Topics covered in today's sessions:</b> <ul style="list-style-type: none"><li>Professional Boundaries</li><li>How do Nurses look after themselves?</li></ul> <b>Explore at your leisure</b> <b>Optional Tour: Behind the Scenes City Tour (additional costs apply)</b> <b>Farewell dinner in secret location that includes beverages. Expect fabulous!</b>
Day 9: 14/01/2023	0900 - 1200	Farewell - safe travels





## Optional Tours

**Boutique Cocktail Tour, Phnom Penh**  
**Saturday 7th January 2023 | 1800 - 2300**

**Architecture Tour by Cyclo, Phnom Penh**  
**Sunday 8th January 2023 | 1400 - 1700**

**Street Food Tour, A Progressive Degustation, Siem Reap**  
**Wednesday 11th January 2023 | 1800 - 2200**

**Behind the Scenes City Tour, Siem Reap**  
**Friday 13th January 2023 | 1400 - 1700**