

PSYCHOLOGICAL BOOST WORKSHOPS FOR HEALTH AND SOCIAL CARE



YOUR MENTAL HEALTH IN MIND

A psychology organisation that believes in the power of prevention, intervention and community

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HEALTH & SOCIAL CARE PROFESSIONALS IN THE UK

While working in health & social care can be immensely rewarding, it can take its toll on our mental health and wellbeing.

An increasing number of workers are impacted by stress, trauma, moral injury, compassion fatigue, and burnout.

PSYCHOLOGICAL BOOST WORKSHOPS

We have helped thousands of staff to recognise the symptoms of some of these conditions in themselves and their colleagues. Additionally, they learn tools to minimise the development of these conditions progressing, enabling them to thrive in their role. A safe and reflective space is also offered.

These online trauma-informed workshops last for three hours. They are attended by people from different Trusts and organisations, which helps staff feel supported and learn how others manage to work in challenging environments.



Those who attended the workshops have shared the positive impact the workshop has had on their mental health and wellbeing. They have shared the learning with their colleagues and teams, which has been significantly beneficial.

Participants who attend the workshop receive a recording of it, a workbook and certificate, and one-year access to our MindYourself app. This is the first anonymised app to prevent the progression of mental health conditions in health and social care staff.

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OUR STORY

Our experience of working with dedicated colleagues and clients, sometimes seeing them struggle motivated us to create something that supported mental health, wellbeing, and the achieving of potential in a changing and challenging world.

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DR JAN

Jan is a chartered psychologist and has over 15 years of experience in supporting clients, staff and organisations. Her expertise and skills are particularly in the field of trauma.

Jan writes the content for the workshops.

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DR EMILY

Emily is a practising Counselling Psychologist and Psychotherapist with fifteen years of experience working within the NHS and private sector. She is a facilitator on the Psychological Boost Workshops.

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DR RACHEL

Dr Rachel Lee is a Chartered Clinical Psychologist working with adults with a range of complex mental health problems. She specialises in working with people who are experiencing trauma symptoms. Rachel is a facilitator on the workshops.

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