



AIMA NZ CONFERENCE 2019

6-7 April 2019, Auckland University of Technology



WORKSHOPS - Friday 5th April

Level 5, WF Building, Auckland University of Technology

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| 9.00am | Coffee and tea on arrival |
| <p>9.30am-12.30pm</p> <p>NB: Morning tea will be served at 10:30am for 15 minutes in the foyer</p> | <p style="text-align: center;">Healing from Bullying and Narcissistic Abuse A Workshop for Ourselves, Our Clients and our Patients.</p> <p><i>Facilitators: Dr Robin Kelly - Medical Practitioner, Erica Steele - Business Mentor and Petrea King - Quest For Life. Note: Petrea will join the workshop via Skype.</i></p> <p>New Zealand has a very high recorded incidence of workplace bullying. Meanwhile, Complex Post Traumatic Stress Disorder (C-PTSD) is being increasingly recognised as the consequence of chronic and insidious bullying and narcissistic abuse.</p> <p>There is now also a strong body of evidence showing that abuse and abandonment in childhood can result in a lifetime of poor emotional and physical health.</p> <p>This interactive workshop helps us to identify times where we ourselves have been shamed and bullied – something many empathetic integrative practitioners will have experienced. We will identify the traits of individuals, and institutions which have played a part in this bullying; and the apparent apathy of 'onlookers' that compounds the associated shame.</p> <p>We also examine the behaviour of the bully, and the person with Narcissistic Personality Disorder (NPD), from a neuroscientific and sociological perspective. We will also discuss the somewhat confusing labels of Cluster B Personality, Anti-Social Personality Disorder (ASPD), Sociopath and Psychopath, and exactly where they fit into the full spectrum of human personality traits.</p> <p>We discuss practical ways we can help clients and patients who are bullied and abused, either at work or in their relationships with narcissistic partners and family members.</p> <p>As narcissists universally project shame onto their 'victims', the focus will be on nurturing self-compassion within ourselves, our clients and patients, while adopting an effective, practical, and common-sense approach to dealing with the actions of the perpetrators.</p> |

This is a draft program and is subject to change

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| 12.30-2.00pm | LUNCH |
| 2.00-5.00pm NB: Afternoon tea will be served at 3:30pm for 15 minutes in the foyer | <p style="text-align: center;">Healthy Nature Healthy People</p> <p style="text-align: center;">How to bring the healing power of nature to your practice</p> <p><i>Facilitators: Dr Penny Caldicott - Integrative GP and President of AIMA, Helen Gillespie - Project Coordinator of Healthy Nature Health People, Department of Conservation and Tony Varcoe - Director of Community Partnerships, Parks Victoria.</i></p> <p>People have long intuitively known the healing and rejuvenating power of spending time in the natural world, now science is proving that nature is essential to our health and wellbeing. Join us to learn about ground-breaking programs that have been developed in New Zealand and Australia that are building individual and community healthy by facilitating people to interact with nature in a way meaningful to their health. These programs are based on the premise that:</p> <ul style="list-style-type: none"> • The wellbeing of all societies depends on healthy ecosystems • Parks nurture healthy ecosystems • Contact with nature is essential for improving emotional, physical and spiritual health and wellbeing • Parks are fundamental to economic growth and to vibrant healthy communities. <p>Following our morning workshop, Healing from Bullying and Narcissistic Abuse, this workshop will give you practical insights into treating your patients with Vitamin Nature. This workshop will:</p> <ul style="list-style-type: none"> • Introduce you to the most recent research around the importance of nature to health • Give you practical strategies for developing and implementing 'green prescriptions' for your patients • Tell stories and case studies of how green prescriptions have been implemented. |

For more information about the workshop facilitators, please visit our website at <https://www.aima.net.au/aima-nz-conference-2019-friday-workshops/>

For queries please email newzealand@aima.net.au.