

# Information about caring for your own wellbeing when working in Alcohol & Other Drugs Services

Newcomers to addiction work often find that some of our patients behave in shocking and confusing ways and yet this remains one of the most rewarding areas of medical work.

In an effort to ensure that medical staff have the appropriate skills needed to enjoy work with us we have developed a *series of four seminars* which focus on the advanced psychological skills needed for this work– they include unpacking the concepts of empathy and compassion, balancing the therapeutic alliance with obligations to the community, understanding your own particular therapeutic styles and managing difficult consults, including staying calm in a crisis.

Additional training combined with a strong focus on team work and supervision ensures a valuable and enriching experience for doctors who wish to come and work and train with us.

For more information contact:

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