

Willows Conference 2018

# 'Help! My Empathy is Killing Me!'

with Tony Buckley

'The Absorbent Self' promote  
well-being and prevent burnout

Friday 9th March 2018,  
9.30am (registration) to 4pm



**Willows Counselling and Training**

[willowstraining.org](http://willowstraining.org)

# 'Help! My Empathy is Killing Me!' with Tony Buckley

A Day Conference for the Counsellors, Therapists and other Helping Professionals

---

## Speaker

Tony Buckley has extensive experience in the field of trauma including as the Manager of the Counselling and Trauma Service within the Occupational Health Department at Transport for London.

Tony's previous, 20-year therapy career experience included supervision, private practice, and counselling management in both a university setting and an adolescent voluntary sector setting.

## Conference

A training experience to offer participants practical insight and knowledge into the negative side of empathy which leaves practitioners vulnerable to absorbing too much of the clients energy/story or experience thereby dissolving some edges of the interpersonal boundaries between self and other. This leads to the potential for overwhelm, vicarious and secondary traumatisation.

Participants are invited to explore the somatic indicators and aspects of self-care. Therapist self-care entails developing some important strategies for optimising health and well-being to prevent burnout and maintain relational fitness for role.

## Booking info

### Cost

£150 full price; £120 early-bird up to Feb 8th 2018

### Venue

The National Self-Build and Renovation Centre, Lydiard Fields, Great Western Way, Swindon SN5 8UB

### Book

Please visit [www.willowstraining.org](http://www.willowstraining.org) for further details and to book online.

## About Willows

Willows Counselling Service is a charity based in Old Town Swindon providing professional counselling and training.

## Contact details

01793 426650

11 Prospect Place, Swindon, SN1 3LQ  
[willowstraining.org](http://willowstraining.org)

[WillowsSwindon](#) | [@WillowsSwindon](#)



**Willows Counselling and Training**