

Reflective Practice and Unconscious Bias for Therapists

ONLINE
12:30 – 2:30 AST
September 29, 2020!

The what and why of this workshop invitation

You are invited to pause and explore, in an interactive online setting, the natural human experience of biases that may limit our ability to engage with clients and others.

We will explore the power of reflective practice to help us become aware of our biases and learn ways to minimize their impact on our being with clients.

This invitation is to be part of a safe space where judgement is suspended, and collaboration is evident.

Becoming conscious of the limiting reality of our unconscious biases can move us to greater capacity to be present and create safe spaces with clients, work in teams and become more attentive to the unconscious influences on the work we do.

It is from this place of emerging self-awareness that I invite you to enter a group learning experience designed to expand our capacity to be curious, respectful and authentic with others.

As a group we will explore our explicit biases and uncover some unconscious biases that can limit our view of the world.

Learning objectives

1. To deepen understanding of Unconscious Bias to lessen its impact on counselling therapy
2. To learn self-monitoring practices to increase the personal capacity to support others
3. To build reflective practice capacity to increase self-awareness and personal effectiveness

Some details

- This is a workshop for therapists.
- Registration includes the 2-hour webinar and a 30-minute follow-up call with the facilitator
- ***Upon registration you will be sent a Zoom link, optional pre-webinar reading and a short online exercise***

Professional Recognition

- Canadian Counselling and Psychotherapists Association: 2 CEC
- Letter of attendance and participation available

About the facilitator

The more I have reflected on my world view and its limiting impact on others the more I have seen the importance of developing the reflective skills to become more aware of my Unconscious Bias. This reflection includes the impact of my race, gender, power and privilege on relationships with clients. It is from this place of acknowledging the influences on my world view that I wish to explore Unconscious Bias and create greater reflective capacity with you.

I am an ICF **Nova Scotia Registered Counselling Therapist, Certified Cultural Intelligence Facilitator** and the author of **Coaching From the Inside Out: A personal approach to coaching for change.**

<https://www.brianduggancoach.com/coaching-from-the-inside-out>

Currently I am discovering Reflective Practice to deepen my coaching / counselling and personal presence in service of my clients.

I bring broad experience supporting counsellors and coaches to expand their capacity to create safe spaces for clients to find change in their lives. My role as a facilitator is to create a learning experience that can enhance our professional development by exploring new learning and leveraging our professional, personal, and organizational strengths.

Brian Duggan RCT

Registration and Fees

Registration deadline: September 25, 2020

Early Bird Rates: before September 20th 5 pm AST: \$50.00

Regular rates: between September 21st and 25th: \$75.00

Register by email: brian.duggan@marathonhrcg.com

Please include your name, professional association, preferred phone number.

AND send the payment by:

Etransfer to brian.duggan@marathonhrcg.com

For PayPal (\$3.00 fee added) total \$53.00 or \$78.00 go to;

<https://www.brianduggancoach.com/reflective-practice-and-unconscious>

For Credit Card (\$5.00 fee added) total \$55.00 or \$80.00 please call 902.421.4400

or mail cheque payable to Marathon Human Resources 104-50 Grandhaven Boulevard Halifax NS B3S 0H5