



Bringing Cyber space into the counselling space: Strengthening Inner Selfies

Time to update! Online life is here to stay and a big part of everyday life.

It is essential that counselling include cyberspace as a working element. Without this acknowledgement we miss a large part of what now influences most of our clients' lives.

The digital revolution has brought with it many brilliant advances in communication and easy access to knowledge. *No need to get training, just look up how to do it up on Youtube!*

We need to support our young clients in navigating this new horizon with awareness, resilience and confidence: knowing when to unplug and when to plug-in. Distinguishing between IRL (in real life) and Cyberlife (where anonymity can lead to very different behaviour).

Come to this workshop and explore ways to invite our client's cyber life into the counselling space.

- What if you could help your young clients use their smart phone as a support?
- Help your adolescent clients to explore and strengthen who they are at core
- What is self interruption and why is it a problem?
- How do they use Cybertrust and Cybersincerity?
- What are Cyber-Egostates?

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for professionals working with young people – or probably anyone who is younger than you..or me?

To REGISTER interest email: counselling@fgriffith.id.au or phone 0414 985 934