



**STRESS MANAGEMENT THROUGH LIVING VALUES  
TRAINING WORKSHOP**

**18 JULY 2016**

**Presented by Dr. Sharon Johnson**

**Senior Lecturer**

**Hosted by the Department of Psychology, Cornerstone Institute**

**WHAT WILL BE COVERED IN THE WORKSHOP?**

- Stress – information on benefits and dangers
- Multiple approaches to stress management
- Living Values approach to self-care
- Exploration of Living Values
- Integration of Living Values with stress reduction
- Living Values healing techniques for stress reduction
- Exploration of different contexts of Living Values stress reduction
- Applying Living Values to stress reduction self-care work

**ABOUT THE PRESENTER:** Dr Sharon Johnson is a Registered Counsellor with the HPCSA, and trainer in international care practices.

Sharon completed a Masters in Psychology at Stellenbosch University in 2010, focusing on wellness practices for HIV/Aids coordinator teachers in Cape Flats schools. She was accepted into the PhD Psychology program, with her research and dissertation focusing on wellness practices for stress and burnout alleviation for teachers in high-risk schools, which was completed in 2013.

Sharon is completing a Post Doctoral Fellowship at Stellenbosch University, focusing on teacher wellness in a main stream high school and a care centre for maltreated youth on the Cape Flats. She is a Senior Lecturer in the Psychology Department at Cornerstone Institute.

**PLEASE NOTE THAT REGISTRATION IS WITH THE HEALTH PROFESSIONS COUNCIL OF SOUTH AFRICA (HPCSA).** Spaces are limited please book early to avoid disappointment, for further information call Celeste at (021) 448 0050.



**WORKSHOP DETAILS:**

**Date:** Monday, 18 July, 2016 11:00 am - 16:00 pm  
(Registration starts 10:15-11:00am)

**Venue:** Cornerstone Institute, Cnr. of Durham and Victoria Roads Salt River

**Costs:** The registration fee for the workshop is R700 pp. person. Light Lunch and refreshments will be served.

**CPD points:** 5 CPD points applied for with HPCSA

If you would like to attend, kindly complete the attached Registration Form and email it to [celestes@cornerstone.ac.za](mailto:celestes@cornerstone.ac.za).

**REGISTRATION FORM**

<b>Title</b>	
<b>First name</b>	
<b>Surname</b>	
<b>Postal address</b>	
<b>Telephone</b>	
<b>Email</b>	
<b>Specific dietary requirements (please mark with 'x')</b>	None Vegetarian Halaal Kosher



<b>HPCSA registration number</b>	
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