

4th International Conference on

Depression, Anxiety and Stress Management

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How to keep the energy vampires from the door?

Rae Farmer

Next Steps - learning for life Ltd, UK

What do you do to ensure that your energy levels are not zapped or stolen from you whilst working with others who need to feel lighter? Do you have any conscious thoughts about emotional self-protection? Many of us who work with vulnerable individuals describe feeling exhausted, drained, and sometimes even numb after working with others. Many children and young people describe feeling dark, heavy or shattered after hearing or watching information which is emotional. Emotional Armouring (EA) is a tool which can aid us to protect ourselves whilst supporting others and day to day in the world we live. Rae Farmer has developed the concept of Emotional Armouring and has successfully used this throughout her 23-year career supporting children, young people and adults who are experiencing conflict, chaos or change. Emotional Armouring and its benefits is now being used within primary schools in the UK to enable children and staff to build their levels of emotional resilience, self-awareness and general robustness within day to day life. Rae intends to share her experiences of using EA both with children and adults and discuss how she has taken this concept and developed emotional risk assessment tools to minimize emotional hazards in various settings including; schools and places of work. Evidence so far points to the overall benefits of EA within emotional resilience and protection for children and adults alike. 'How to keep the energy vampires from the door?' is a book written by Rae exploring this concept and can be purchased directly from Rae at the conference at a discounted price. Her risk assessment tools: The Emotional Risk Assessment (ERA) and The Resilience Assessment Framework (RAF) are also available directly via her website at www.nextsteps-learningforlife.co.uk

Biography

Rae Farmer is the Director/CEO at Gangster of Light and Next Steps - Learning for Life Ltd, UK. She uses a mix of person-centred therapies including Reiki to support individuals and groups to move forward with their goals to find a place where they are able to bounce forward from traumatic experiences, taking the lessons of those experiences and moulding themselves into a new chapter. She has 23-years experiences of supporting children, young people and adults to find a safer space to be. Her career includes: developing a City-wide early intervention programme for CAMHS, creating 'Urban Education' an off-site education facility for children who were excluded from mainstream educational settings, developing well-being programmes for primary school's children who are used throughout Newcastle and Gateshead. She is also a qualified independent domestic and sexual violence Adviser with 4 years experiences of being Operations Manager for a domestic violence charity prior to setting up her own Social Enterprise, Next Steps – Learning for Life Ltd and a community interest company called 'Gangsters of Light'.

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