



## QLD State Committee Event | 19 April 2020

### Caring for the Carer - traditional Chinese medical ideas for self-care

*Presented by Greg Bantick*

Participants will learn

- to identify the stresses associated with being a practitioner
- learn what compassion fatigue and secondary or vicarious trauma are
- what are the symptoms
- how to identify and develop a more friendly relationship with strong feelings in oneself and others
- strategies for self-care
- how to develop a meditation or contemplative practice
- how to use a mentor/supervisor to increase insight and skills to help ourselves and others
- herbal formulas, diet, and other possible lifestyle changes

A day to be with the community and to share some of the difficulties we all face and to explore ways together to heal. The emphasis is on developing our inward gaze, rather than our well-developed gaze toward others.

It is a day to be with colleagues and relax. So please wear loose comfortable clothing, bring blankets and cushions to sit or lay on the floor if preferred.

### About the presenters

Greg Bantick began his training and clinical practice in Chinese medicine in 1975. He was part of a small group that set up the first college in Brisbane in the late 70's. He has spent time in China and Japan, and taught around the world. He spent most of 20 years training, practicing and teaching in the U.S., where he held senior academic positions in 2 of the finest colleges.

In 1982 he spent time training at Kokutaiji Zen Monastery in Japan. For over 17 years he lived as part of the lay community of the Zen Center of San Diego training and teaching with Joko Beck. He taught meditation to intensive care staff at San Diego's Children Hospital. He has taught meditation in schools, work places and in intensive rural retreats. Greg has extensive experience facilitating group work, providing the space to explore feelings around difficult patient interactions. He is an ordained Zen unsui.

### Event Details

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| <b>Date</b> | 19 April 2020  |
| <b>Time</b> | 9:00am – 2:00pm  |
| <b>Cost</b> | AACMA Members: \$50 (walk-in: \$60)   Students Members: FREE   Non-members: \$80 (walk-in: \$90) |

- *Please register with AACMA prior to the event. NO walk-ins will be accepted on the day if the number limit has already been reached.*
- *No fees for AACMA student members.*
- *Non AACMA student members pay \$20 per head.*
- *Students need to show their current student card on attendance at the event.*
- *Photos may be taken during the seminar. These photos may be published in the AACMA newsletter.*
- *If you do not wish to be photographed, please inform the AACMA head office when you register for this seminar.*

**Venue** The Ministry Centre, St Columb's Anglican Church Hall, 23 Victoria Street, CLAYFIELD QLD 4011

**CPD** **5 CPD points (professional issues)**

**Registration Via Office** Via office - RSVP by 12:00 PM EST, Thursday 16 April 2020.  
Contact AACMA national office on 07 3457 1800 or email [aacma@acupuncture.org.au](mailto:aacma@acupuncture.org.au)

**Please bring your AACMA Tax Invoice as proof of your seminar registration and payment**

*Registrations and payments are to be done either via BPAY or over the phone via credit card. Please contact AACMA national office on 07 3457 1800.*

This is an AACMA-organised seminar. All enquiries should be directed to AACMA.

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### **Who can attend AACMA State Committee events?**

Attendance at AACMA State Committee events is open to AACMA members and non-members who are either CMBA-registered Chinese medicine practitioners or students enrolled in an AACMA/CMBA-approved acupuncture or Chinese medicine program. Preference will be given to AACMA members where numbers are limited.

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### **Cancellation policy for paid events**

Cancellations received one week or more before the event date will incur a \$20 administration fee. There are no refunds for cancellations received less than one week before the event or for failure to attend the event; however, a credit, minus the \$20 administration fee, can be retained for future events.

Any changes to event date, time, location, content or speaker(s) will be advised by the AACMA office before close of business on the Friday prior to the event.

Cancellation of registration due to event change(s) received before the Friday prior to the event can be arranged as a refund or credit for future events. Cancellation due to event change(s) received after the event date will be arranged as credits only if the registrant did not attend the event.

Please note that the AACMA office is not able to notify registrants of any event changes that may happen after the close of business of the Friday prior to the event.