



Nurse Compassion Fatigue has a debilitating effect on the energy level, emotional state and efficiency of Nurses.

The Nurse Compassion Fatigue programme provides both a therapeutic and coaching element to address Emotion disturbances and non-productive thoughts. Clients learn how to 'Self' observe and neutralise Emotion Disturbances and Mind disturbances such as non- Productive perceptions and Negative Self Talk. The programme incorporates Emotion Mindfulness Based Cognitive Behavioural Therapy and Therapeutic Guided Imagery. Practical coaching, developed over my years previously as a Stress Management Coach is also incorporated, to empower clients to proactively monitor and change their State of Being.

For more information regarding this programme contact Debbie Rowberry on Mob 021 741887 or email d.rowberrynz@gmail.com