

Sveindís Anna Jóhannsdóttir is offering a workshop introducing:

Workshop title:

The inner ocean: A path to deeper self-awareness and well-being.

Duration: 90 minutes

I'm offering my workshop twice: yes

The goal of the workshop is to explore the following:

- How assessment lists can be valuable in combination with narrative approach and reflection in supervision/coaching.
- Get to know 3-4 types of assessment lists
- A way for professionals' work environments to safeguard their health and well-being.

The Concept:

Assessment tools will be discussed and how they can be used both together and separately to assess the well-being and status of supervisees. Lists are valuable tools in both clinical practice and research, fostering evidence-based excellence. Since stress and burnout pose significant risks to professionals' health, proactive measures to prevent these issues are crucial. Four types of assessment tools will be introduced and discussed:

1. The ISM-instrument Self-rated Exhaustion Disorder (s-UMS)
2. The Maslach Burn out Inventory (MBI)
3. The Professional Quality of Life Scale (ProQOL)
4. The Burnout Assessment Tool (BAT)

Learning outcome:

Participants learn about tools that can be utilized as a part of evaluation process. Assessment lists are beneficial for evaluating factors such as stress, burnout, emotional exhaustion, depersonalization, personal strengths, compassion satisfaction, and secondary trauma. The results can be used to shape priorities in supervision or coaching process, aiming at professional growth and improved well-being. Participants will learn about the origins, designs, and applications of the assessment lists that are to be introduced. They will also have the chance to complete the lists themselves and interpret the results through practical exercises. Limitations of standard measuring instruments will also be discussed. The workshop will show how assessment lists can be valuable in clinical settings, complementing the narrative approach of verbal communication and reflection. Participants also can answer the lists themselves and interpret the results in practical exercises.

Profile

Sveindís Anna Jóhannsdóttir is a managing director of Vocational Rehabilitation Center, has a private practice and is a part time teacher in social work and supervision at the University of Iceland. She is the president of The Icelandic Association of Supervision. She studied psychology, social work, supervision and mediation. Training as a social worker, supervisor, mediator and is an accredited specialist in social work with emphasis on healthcare services.

She has written many articles, some book chapters and has been on editorial board of books publications, the last book Supervision – for professional empowerment (2020).

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