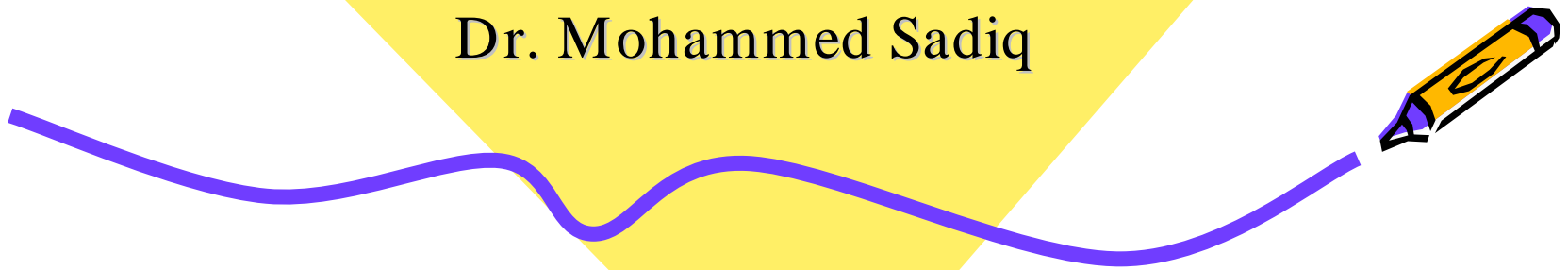


*Self Awareness for
Health Professionals*

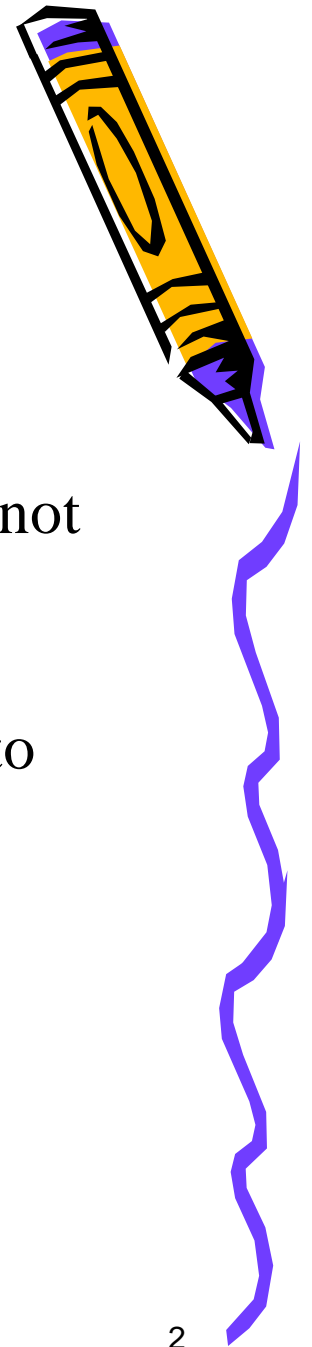
By

Dr. Mohammed Sadiq



Nothing is nearer to you than yourself, and if you know not yourself how can you know anything else? If you say, "I know myself," meaning your outward shape, body, face, limbs, and so forth; such knowledge can never be a key to the knowledge of Allah.

(Imam Ghazali)

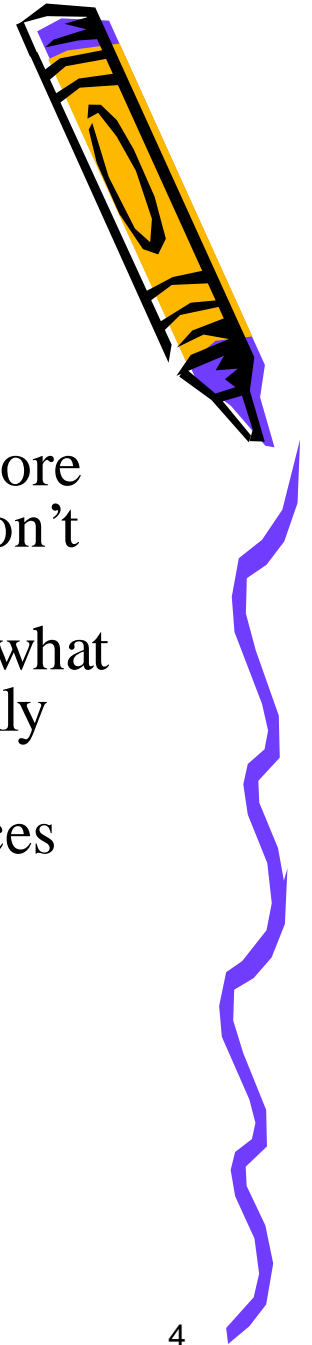


Personal development is at the heart of our journey as counsellors and therapists. It is the core condition of recognising ourselves and one another as human beings and not human doings. Without it we are detached from the ideology of the meaning of human. What we are depends upon our lived experiences and feedback from others about how we impact on people with whom we come into contact and who we touch, emotionally and spiritually, and who touch us in a similar way. These are the fundamental core elements of our craft as therapists and counsellors.

Derek J. Lainsbury
(Dutch Psychologist)

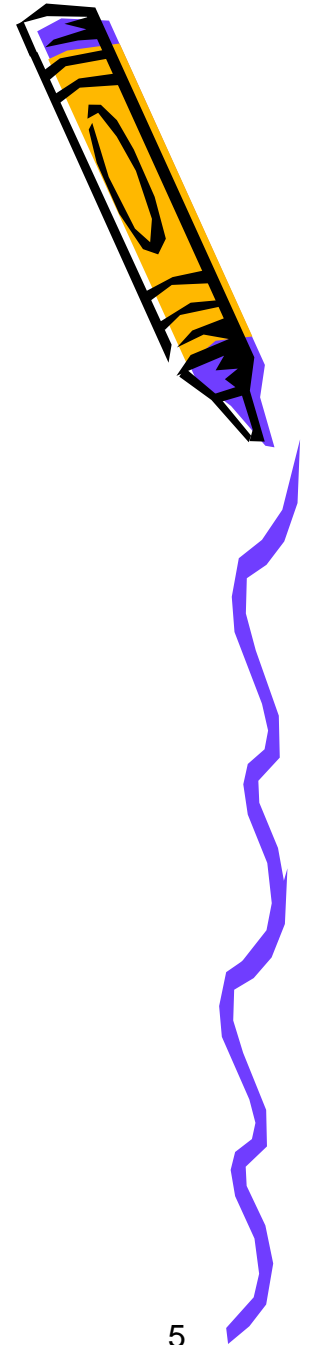
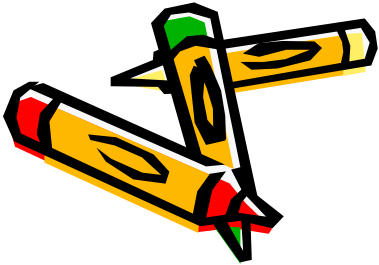


This 25-hour course is designed for Human Services Professionals to learn to understand themselves. The core assumption of the course is: If we, the professionals, don't understand our own selves well, how can we begin to understand those who we serve. How can we know if what we are doing in the guise of helping our clients is actually meeting our own needs more than the clients'. Self Awareness is a necessary pre-requisite for human services professionals if they are to be successful in their line of work.



Self Awareness Includes

1. The nature and purpose of my existence
2. The differences between me and other creations
3. My given traits - potentials
4. My acquired traits - personality
5. My values – life principles
6. My skills - strengths
7. My limitations – weaknesses
8. My likes and dislikes
9. My needs and struggles
10. My emotional and physical states
11. My self concept



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- ✓ On-line Counseling via e-mail, telephone, or live audio and audio-visual chats
- ✓ In-Person Counseling and Therapy
- ✓ Seminars, Workshops and Training Courses

Contact

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Or Visit

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