

Hour to Empower Workshops Oct - Dec 2025

Therapeutic Relationships

Key Focus: Monthly workshops addressing different facets of therapeutic relationships

Mon 3rd November; The Role of Cultural Competency

Learning Outcomes:

Recognise the importance of cultural competency in therapeutic relationships.
Apply culturally sensitive approaches to client interactions.

Content:

Concepts of cultural humility and its role in therapy.
Strategies for overcoming cultural barriers.

Activities:

Share cultural challenges in therapeutic context
Practice culturally competent responses.

Thurs 4th December; Strengths-Based Approaches in Relationships

Learning Outcomes:

Understand the principles of strengths-based approaches in therapy.
Implement strengths-based strategies to empower clients.

Content:

Key principles; focusing on abilities, resources and potential.
Benefits of a strengths-based approach for clients and providers.

Activities:

Identify and map strengths in mock client scenarios
Reflect on integrating strengths-based approaches into practice.

INVESTMENT

Members:	\$40.00
Non-members:	\$60.00
ARTA Students:	\$30.00

Book for this whole series of Hour to Empower workshops and get one free - you will get the recording for those that you've missed.

Contact the office on

02 9887 2111 or enquiries@recreationaltherapy.au

Bookings can be made through the website on www.recreationaltherapy.au