

PROPOSAL – AMA QUEENSLAND

COVID-19 COFFEE CORNER SESSIONS

INTRODUCTION

AMA Queensland has successfully delivered the *Wellbeing at Work* (previously *Resilience on the Run*) program to doctors in training since 2015, with the aim of developing techniques for resilience and mindfulness, better managing interpersonal relationships, navigating difficult scenarios on the job and practical steps for asking for help. A total of 4,188 interns have completed the program with the overwhelming majority of survey respondents (83 per cent) rating it as excellent or good.

Now more than ever, all doctors need support in their workplace and to signal to them that their wellbeing is paramount. This effort also supports the sustainability of the workforce.

It is noted that our facilitator, Dr Ira van der Steenstraten previously worked in the Amsterdam mobile crisis team and has experience in this type of situation. Having a medically-trained facilitator with expertise in clinical psychiatry, coupled with peer participation in the sessions, to exchange stories and concerns about similar experiences, is a critical aspect in the success of our program.

PROPOSAL

AMA Queensland is now offering “**COVID-19 Coffee Corner**” sessions via online videoconferencing, focussing on wellbeing support for all doctors.

The sessions will run for 30-45 minutes with a maximum of 10 participants per session.

The current scheduling is Monday, Wednesday and Friday (one session each day) for a duration of up to three months.

Timing of sessions can be arranged based on suitable availability for your team e.g. 12-12.30pm, 4-4.30pm and/or 7-7.30pm.

COVID-19 COFFEE CORNER SESSIONS



FACILITATORS

These sessions will be jointly facilitated by Dr Ira van der Steenstraten, psychiatrist, life coach and experienced mindfulness trainer, and Vicky Dawes, prior counsellor and coach with the Queensland Doctors' Health Programme (QDHP).

Dr Ira van der Steenstraten

Dr Ira van der Steenstraten is trained as a psychiatrist, psychotherapist and family therapist at the University of Amsterdam and the Academic Medical Centre in Amsterdam, The Netherlands.

She is currently working as a life coach at Breeze Life Coaching. Ira is an experienced mindfulness trainer, and has developed a number of innovative mindfulness and resilience programs for individuals and groups such as doctors, physiotherapists, families, teachers, schoolchildren and chronic pain patients.

She has over 20 years of experience working in various medical and therapeutic settings. At present she specializes in providing mindfulness and resilience training to adults and children.

Vicky Dawes

Vicky Dawes MBChB MCouns is a counsellor and former doctor with extensive experience supporting doctors and medical students both through her counselling private practice, and previously, through her work with Doctors' Health QLD where she provided one-on-one counselling support and also developed and delivered education sessions across a wide breadth of doctors' health topics.

CONTENT OF SESSIONS

COVID-19 Coffee Corner sessions will include psychoeducation and practical exercises, leaving participants feeling "lighter" than at the start of the session. The following is a general summary of what a session will look like:

- ▶ Introduction: 5 min max– basic rules (support, not treatment, asking questions via chat, referral pathways)
- ▶ 10-15 min – support for each other. Psychoeducation, normalising, grounding
- ▶ 15 min – know about beforehand, sleeping, eating, activities. 1-2 practical exercises

SIGN UP FOR THE SESSIONS

Participants will receive an email invitation to join the sessions and will be asked to pre-register. Participants will be able to email through specific topics they would like covered.

AMA Queensland will work with your nominated representative to promote the sessions and manage the number of participants. At the end of each session, we can share a file with pathway/referral details.

COST

Sessions	Cost
3 x 30-45 minute sessions (10 people each) per week	\$1,870 plus GST

CONTACT US

Please contact Lisa O'Donnell from AMA Queensland to book for your team. Lisa can be contacted on:

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