

Understanding workplace bullying and developing options to manage and treat the injuries.

By

Evelyn Field OAM, FAPS - A practicing psychologist, professional speaker, media commentator, and Fellow of the Australian Psychological Association.

Evelyn specializes in helping those injured by school and workplace bullying and encouraging organizations to maintain respectful, safe schools and workplaces. The core of her work is the simple six-step model she has developed to help students and employees acquire bully blocking skills to protect themselves in the future. She is the author of two best-selling books, *Bully Busting* and *Bully Blocking*, now in five languages. She has also written *Bully Blocking at Work* and *Strategies for Surviving Bullying at Work* as well as two e'books and a DV

About the workshop:

Recent research indicates that a third of employees can experience workplace bullying. While many remain unaffected or manage the bullying and some are targets who are briefly affected, unfortunately others will become seriously injured. It is estimated that a third of these victims will never work for an employer again.

In the workshop, psychologists will develop a basic understanding of what bullying at work entails, the damage it causes, including the emerging constellation of diagnostic symptoms, what organizations can do, what employees can do to empower themselves and what psychologists can do to improve their understanding of the relevant diagnostic and therapeutic issues in treating targets and victims of workplace bullying.

Schedule:

9: 00-9: 30- mingiling morning

9: 30 - 11: 00- Bullying in the workplace

11: 00- 11: 15- coffee

11: 15 - 12: 45- The role of the employer

12: 45-13: 15 -lunch

13: 15- 14: 45- Social survival skills to block and manage bullying

14: 45 - 15: 00- coffee

15: 00- 16: 30- The role of the therapist- diagnostic and treatment issue