

Summer of Wellness  
Webinar Series 2023

# LEADING THROUGH BURNOUT

August 24 09:00-11:00



This 2-hour, workshop aims to equip police members with practical tools and strategies to effectively lead themselves and their teams in the face of burnout and stress. Recognizing the unique challenges faced by law enforcement professionals, this workshop provides a comprehensive understanding of burnout, its impact on individuals and organizations, and offers actionable solutions to build resilience and promote well-being.



*Jane Fix*

Jane Fix is a Registered Psychologist and an instructor at Mount Royal University. Since 2013 she has worked with Calgary Police Services. Jane offers tailored interventions to address a wide range of issues, including trauma, burn-out, depression, anxiety, relationship difficulties, and PTSD. She possesses an in-depth understanding of the stressors and work environments specific to police officers, allowing her to provide targeted support and effective solutions. Jane's educational background includes a Bachelor of Arts (BA) in Psychology (Honors) from Mount Royal University and a Master of Science degree (MSc) in Counselling Psychology from the University of Calgary. She has also pursued further training in couples therapy (Gottman Level 3) and trauma treatment, including specialized techniques such as EMDR (Eye Movement Desensitization and Reprocessing) and Natural Processing, suicide intervention, critical incident debriefing, as well as complementary practices like yoga instruction and mindfulness facilitation. Guided by a holistic approach that recognizes the mind-body connection, Jane is committed to providing client-centered care. Her focus is to facilitate healing, revitalization, and empowerment. She is dedicated to helping clients connect with others in times of vulnerability but also tap into their own inherent strength and resilience.

*Yasmin Bhanji*

Yasmin Bhanji holds a Master's of Science in Marriage and Family Therapy (with distinction) from Loma Linda University in California and is a Registered Social Worker. Yasmin has more than 25 years of clinical experience working in the not-for-profit sector, private, and public sectors. Yasmin's passion is working in trauma and has specialized training, experience, and a passion for working with first responders. Through her experience, Yasmin has become acutely aware of the intersectional challenges and stressors first responders face and is dedicated to collaboratively working with individuals to empower them to recognize and build upon their own strengths and resources. Yasmin has years of clinical experience working with individuals, couples, and families as well as leading group therapy sessions and hosting workshops. As a holistic and systemic therapist, Yasmin integrates traditional therapies; with mind-body and energy therapies, to create a blend of counseling that addresses the emotional, physical, and spiritual needs of each person. Some therapies Yasmin incorporates in her practice are Cognitive Behavioural Therapy (CBT), positive psychology, family systems therapies, Imago Relationship Therapy (IRT), hypnosis, Emotional Freedom Technique (EFT), Tapas Acupressure Technique (TAT), Eye Movement Desensitization and Reprocessing (EMDR), Prolonged Exposure (PE) and Accelerated Resolution Therapy (ART). Yasmin strives to provide a comfortable and safe therapy experience that supports growth, hope, and change through sincerity and respect of individual beliefs. To Yasmin, it's a privilege and a gift to witness the tremendous growth and healing of spirit that comes through her clients as they move beyond the impact of an obstacle in their lives and discover their own amazing resources, inner strength and resiliency.

