

# CEU TALKS 2020

SAMLA (Western Cape) in collaboration with **Genoa Underwriting Managers** and **Norton Rose Fulbright Inc** are delighted to present a special webinar of **Managing your Mental Health during Trauma, Triage & Tragedy** (CME Accredited)

## EVENT DETAILS

**Managing your Mental Health during Trauma, Triage & Tragedy** (CME Accredited) | 16 July 2020

1 CME point (60 min)

- **Romany Sutherland:** Attorney, Mediator and Director of the South African Medico-legal Association will introduce the topic and facilitate the webinar.
- **Dr Caroline Lee** is an anaesthetist in private practice and national coordinator of the Health Care Workers Care Network. Dr Lee is also the SASA wellness support group conveyor. Dr Lee will give us some insight into how our South African doctors are faring right now. She will also share what the SASA wellness team offers and what work has been done to care for the mental health of our medical practitioners.
- **Licia Sky**, a Boston based Embodied Awareness Facilitator and bodyworker who works with traumatized individuals and trains mental health professionals to use mindful meditation. She is a regular instructor in trauma healing workshops at Kripalu, and Esalen. She has been teaching workshops on these subjects around the US, UK, Italy, Netherlands, China, the Middle East and New Zealand. Licia will provide the medical practitioners with useful advice on how to apply certain techniques to safeguard against the effects of burnout and mental anguish.
- **Questions & Comments**

## REGISTRATION DETAILS

**Date:** 16 July 2020  
**Time:** 06:00 pm to 07:30 pm  
**Venue:** Your lounge/rooms  
**Platform:** Zoom  
**Link:** <https://us02web.zoom.us/join/87280347226>  
<https://us02web.zoom.us/join/jZyrcO-sqz8tH9dnwj0UxWLeWxgZeJ52fpBn>  
[https://us02web.zoom.us/join/tZcTcd-uuqDgtHN1EdhwsEf7Z7O\\_mcnbU94IE](https://us02web.zoom.us/join/tZcTcd-uuqDgtHN1EdhwsEf7Z7O_mcnbU94IE)

In the event of access issues, concerns or queries, please do not hesitate to mail, phone or WhatsApp

**Romany Sutherland** | [romany.sutherland@nortonrosefulbright.com](mailto:romany.sutherland@nortonrosefulbright.com) | 083 822 9847