



Speaker Profile: Russell Sturgess

Russell Sturgess was trained in Osteopathic massage at the age of 15. On leaving high school he went on to study Osteopathy and Natural Therapies at the South Pacific College in Sydney in the mid-seventies. Following college, Russell returned to his hometown in rural Queensland where he commenced his own Natural Therapies practice. By the early nineties Russell had five and a half thousand

clients on record and was personally treating 125 clients a week. His centre also included a naturopath, acupuncturist, dietician and chiropractor.

While at college, Russell was employed in the personal practice of the college's Dean of Osteopathy, Alan Griffiths. Alan was strongly aligned with the spiritual healing philosophy of the Father of Osteopathy, Andrew Taylor Still. Alan actively encouraged Russell to be similarly aligned in his Osteopathic approach, which would later become intrinsic to all aspects of Russell's work. Russell developed and taught a framework of healing called Fascial Kinetics™ based on the healing approach of Geelong Osteopath, Tom Bowen. Fundamental to Fascial Kinetics are units on spiritual healing philosophy. Russell taught Fascial Kinetics all throughout the USA, Australia and New Zealand.

In 2006, Russell began working on an expanded approach to his healing philosophy and developed the Enhances Awareness Program (EAP). EAP™ helps people align their values with sustainable desires and wants, resulting in new behaviours, beliefs and attitudes. Over the past two years Russell has expanded the focus of EAP to include Health Professionals. EAP helps health professionals avoid burnout, and even depression.



Russell first learnt awareness and mindfulness approaches to healing in the late eighties when he regularly travelled to the USA to attend trainings with Dr Jerry Jampolsky, Dr Susan Trout, Stephen Levine and then later with Paul Ferrini. Now 25 years later, Russell well qualifies as one of Australia's leading teachers of healing and awareness.

Russell will begin by defining the differences between Burnout, Compassion Fatigue (CF) and Vicarious Trauma (VT), the last two belonging to a phenomenon called *moral distress*. All three are caused by a conflict between one's deepest values and the work one is required to do.

Awareness and mindfulness have long been identified as key remedies for these professional problems. Delegates will have the opportunity to assess their current state of awareness using the EAP Aware Health Professional Awareness Assessment Tool ©.

Russell will explain how being aligned with awareness consciousness will lead to the ability to be more mindful professionally and personally. He will also explain how an unrecognised core personal narrative is capable of sabotaging mindfulness. It is this inability to sustain awareness and therefore mindfulness that results in Burnout, CF and VT.

Delegates will gain a solid understanding of the cause and remedy for moral distress and burnout. They will be given some primary tools for enhancing personal awareness that will minimise their exposure to burnout, CF and VT.

