



## CARING FOR CAREGIVERS

Coping Techniques  
with Mary Scarff,  
Psychotherapist.

CONTACT US



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We have designed a new course for Caregivers entitled: **Caring for Caregivers - Coping Techniques** which is a 7-week online programme.

Caring for Caregivers takes place throughout the year and is funded by the **Charlie Bird Development Fund**. The programme has been designed in the wake of a survey conducted by the IMNDA and MND Scotland which found that the majority of caregivers of people with MND in Ireland did not feel they were able to take time out to look after themselves while caring for their loved one.

IMNDA will host this online programme entitled 'Caring for Caregivers- Coping Techniques' which will be facilitated by Mary Scarff, Psychotherapist.

This online programme usually takes place on a Tuesday and each session is from 3pm to 5pm with places limited to 20 people per session and you must be able to commit to all 7 sessions.

This online programme is designed for family caregivers who are looking after a person living with MND and is a registered client of the IMNDA and lives in the Republic of Ireland.

Each week Mary will look at the following areas:

Anticipatory grief

Trauma and anxiety

Self-talk

Relationships

Conflict

Sleep

Process of change

## Self-care programme

Mary Scarff has over 25 years' experience in private practice. She provides clinical supervision to therapists, trainee therapists, nurses and teams. She facilitates psychoeducational courses and talks in many well-established charities nationwide.

Following her training in Somatic Experiencing® trauma therapy, Mary now focuses on the impact of trauma on clients both in her private practice and with the organisations mentioned above.

Her initial background is in complementary therapies. She further trained in the following modalities: stress management, colour therapy, psychotherapy, relationship counselling, Somatic Experiencing® trauma therapy, and clinical supervision.

To express your interest please [Click Here](#)

## Testimonials from Caring for Caregivers course participants:

*"I would just like to say a huge thanks to you and the IMNDA for arranging and facilitating the online course. I have personally gained a lot from the last few weeks, and I am very grateful to you and the association for everything you do and all your support.*

*I would also like to express a huge thank you to Mary for sharing her wisdom and knowledge that allowed me to validate my feelings and bring an in-depth level of understanding to what I am experiencing.*

*To my fellow caregivers sharing time with them in the chat rooms and on the WhatsApp, group has been invaluable, and I truly wish everyone well as they continue on this journey. May everyone have the strength to carry on and overcome whatever difficulties and challenges each day may bring.*

*I am absolutely privileged to have met such a wonderful and extraordinary group of people - so once again thank you Johanna to you and all your colleagues."*