



MEDICAL PROFESSIONALS

The Restore Program

Restoring the people behind the profession.



WILD ROSE
wellness & psychology

Program Overview

Healthcare professionals dedicate their careers to caring for patients through some of life's most significant moments. Yet the emotional demands of supporting others often leave little time to care for themselves.

Long hours, high responsibility, emotional fatigue and the constant pressure to perform can gradually impact wellbeing, relationships and professional fulfilment.

The Restore Program is an evidence-based, psychologist-led wellbeing program created specifically for healthcare professionals, including obstetricians, doctors, midwives and nurses.

In a supportive and confidential environment, you'll have the opportunity to step away from the demands of clinical practice, reconnect with yourself and connect with colleagues who truly understand the unique challenges of your profession.

Throughout the program you'll learn practical strategies to:

- Prevent and manage burnout
- Create healthier work-life balance
- Reduce stress and emotional exhaustion
- Strengthen resilience without simply "pushing through"
- Reconnect with your values and purpose
- Build sustainable habits that support long-term wellbeing
- Connect with like-minded professionals in a supportive environment

Unlike many professional development programs, Restore creates dedicated space for healthcare professionals to pause, reflect and invest in their own wellbeing. Many clinicians spend their days supporting others but rarely have the chance to connect with peers outside the demands of the workplace. This program provides that space to foster meaningful conversations, shared understanding and professional connection.

Where appropriate, the program can be complemented with individual psychological therapy as part of our collaborative approach to supporting clinician wellbeing.

Program Details

Dates:

Open to expressions of interest

Time:

TBC

Duration:

TBC.

Fee:

TBC

Rebates:

With a valid GP referral for group therapy and a Mental Health Care Plan Medicare rebate will apply. Alternatively, you may wish to check with your private health insurer if you have cover for psychology-led group programs.

Register your interest

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Facilitator



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