

## ***The Wellbeing Codes - How mental health professionals can activate the 6 pathways to wellbeing to create balance in their professional and personal lives***

Tracey Hunter

Private Practice – Gold Coast Australia



### ***Abstract***

The purpose of this workshop is to introduce the six “Wellbeing Codes”, which when activated, provide a solid foundation for emotional health and wellbeing. Cultivating one’s own sense of wellbeing and robust mental health is often overlooked in the helping field, attracting many professionals who are both high achievers and tend to make great sacrifices to their own time and energy in their plight to help others. The Wellbeing Codes are 6 positive psychological templates based on the Schema Therapy model, which is a psychotherapy model that outlines healing pathways for 18 negative schemas that can develop when core emotional needs in childhood are not consistently met (Young, 2006). The six Wellbeing Codes are: i) Connection, ii) Confidence, iii) Optimism, iv) Self appreciation, v) Fairness, and vi) Self discipline. We have developed a 5-step process for activating these six “Codes”, using the latest developments in cognitive, experiential, and behavioural methods. The techniques we draw from are supported by recent developments in interpersonal neurobiology and rewiring the brain, as well as tapping, imagery rescripting and rewriting narratives. The Wellbeing Codes provides a structured approach that outlines evidence-based pathways towards these six “psychological programs”, facilitating more conscious awareness of the internal and external resources available to us as adults that were not readily available in childhood. Mental health professionals who prioritise self-reflective work are better positioned to avoid burnout, compassion fatigue and chronic stress, and more able to cultivate a life for themselves that involves balance and contentment (McCormack et al., 2018).

### ***Biography:***

Dr. Tracey Hunter (PhD) is a clinical psychologist on the Gold Coast who trained in New York as a Schema Therapist. Over the past 15 years, Tracey has run corporate training and professional development workshops across Australia in the area of emotional and mental wellbeing.

### ***Speaker Publications:***

1. Tracey A. Hunter & Russell Roberts (1999). Peer Effects in the Development of Attributional style in Children, *Australian Journal of Guidance and Counselling*, 9, S1, 133.
2. Melanie J. Zimmer-Gembeck, Tracey A. Hunter, & Rhiarne Pronk (2007). A Model of Behaviors, Peer Relations and Depression: Perceived Social Acceptance as a Mediator and the Divergence of Perceptions. *Journal of Social and Clinical Psychology*: Vol. 26, No. 3, 273.
3. Melanie J. Zimmer-Gembeck, Tracey A. Hunter, Allison M. Waters, & Rhiarne Pronk. (2009) Depression as a longitudinal outcome and antecedent of preadolescents' peer relationships and peer-relevant cognition. *Development and Psychopathology* 21:02, 555.

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