

School session

Youth around the world have experienced dramatic disruptions and unpredictability in their daily lives. High quality research has shown an association of increased depressive and anxiety symptoms during COVID-19. We as parents are trying to support our children while navigating this challenging terrain ourselves. Many of us are exhausted and feeling despair.

Jo Gibbs is a mother of three teenage daughters and four rescue dogs and cats. She is a registered nurse who has trained in counselling, mindfulness and yoga. She has eight years of experience delivering supportive self care sessions to health care staff at Alfred Health, other health care services across Victoria and to staff and students in schools.

In this online session, Jo Gibbs will be drawing on evidence, insights and wisdom from research, medicine, neurobiology, psychology and mindfulness to deliver a practical and relaxed session for staff, parents and students to help cope with the emotional and psychological burdens that many of us are carrying right now. This session is based on movement, rest, relaxation, informal discussions and self awareness practices.

Evidence Based

Treat has been delivered to thousands of staff since 2013 with sessions formally evaluated. The most recent Treat study at Alfred Health has been accepted for publication in the Internal Medicine Journal.

Delivering Treat

Treat sessions are currently supported and delivered to staff through Safer Care Victoria, The Alfred, The Northern, Royal Melbourne and The Austin hospitals, Firkbank Grammar, St James Primary School, Star of The Sea College and Elwood primary school.

Staff Feedback:

"This Treat was a calm in a bad storm. It transformed my life."

Teacher, Firbank Grammar, 2019

"I really needed this!"

Teacher, Star of The Sea College, 2020

"Highlight of the day. Is there any chance this could be regularly scheduled? Jo was fantastic."

Monash medical student, 2019

"Jo's Treat sessions in the afternoon were a welcome respite from the burdens of the week. They are honestly a highlight of the week. They got me through the second lockdown last year and again this year."

Jo's style is so comforting, empowering and uplifting. She gives us permission to rest, which is so important for our mental and emotional wellbeing in the busy work week.

There is something magic that happens when you prioritise yourself for 45 minutes out of a week where you spend every minute thinking and doing for others.

Highly recommend Jo's TREAT sessions and the TREAT app!"

Social worker, Alfred Health 2021

"To me, 10 minutes of TREAT breaks down many traditional barriers within a medical team. There no longer is hierarchy; no separation between professions or ranks. Everyone is equal in the group. Everyone is present, with self, with the instructor, and with one another. Everyone opens up and lets him/herself be vulnerable to creative techniques to bring back self-awareness. All false sense of urgency stops; things that are weighing you down a moment ago do not matter anymore. The mind stops to wander, clears up and refocuses on the present moment – on one's thoughts, feelings, sensations – that, in itself, is liberating. Knowing that your team members are also getting the same benefits re-energises you, pulls you closer to them, and makes you more enthusiastic to carry on with the rest of the day." Dr Ar Kar Aung, who participated in the Treat study, both as a participant and one of the author's, 2021

Devereaux De Silva Manager, Patient and Family Services Allied Health Executive said the Treat sessions allow staff to “rejuvenate, recharge and be still. As busy healthcare staff, it's important for us to reflect and take time out. The sessions encourage us to prioritise ourselves.” 2021

"Treating myself with 'Treat' gives me inner strength so I am able to provide better, more holistic care," Nurse Educator, Vic Egger, 2021



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