

Humankind is an initiative of Relationships Australia to provide relationship information, support and resources for people living with a chronic illness and their loved ones.

Developed in partnership with expert psychologists and practitioners, Humankind offers tools and resources for professionals who may wish to enhance their practice by bringing 'relationships' and 'illness' discussions into the clinical encounter.

How to use Humankind?

Targeted for three different audience types (me, someone I love and my client), the resources can be used in a variety of ways; in professional development; for in-session with clients and/or take home activities for clients and their loved ones.

It is envisaged that practitioners will download and print the relevant resources for use with their clients. As a guide, it is recommended that practitioners:

1. Watch the **expert commentary video** of Dr Toby Newton-John, Clinical Psychologist, University of Technology, Sydney as he shares his practice wisdom and practical strategies for working with people living with chronic illness.
2. Watch **Hope re-visited – an interactive guide for practitioners and clients to discuss reasonable hope in the face of chronic illness**. Based on the work of Kaethe Weingarten and John Gottman, Hope re-visited offers practitioners a guide to opening up conversations with clients about relationship health, based on the evidence that 'good relationships are good for you'.
3. Download and print the **Conversation Starters booklet**. Consider which questions your client would be most receptive to in opening up a conversation about relationship health.
4. Download and print the **What's normal anyway? questionnaire**. This resource aims to identify relationship issues and hopes. Completing this questionnaire requires facilitation and support by practitioners to discuss strategies to improve relationship health.
5. Download and print the **How is your day? communication resource**. Designed to assist couples to improve their interpersonal communication, facilitating a personal discussion is required. It is recommended the therapeutic alliance is established before introducing this resource.
6. Read the **Chronic Illness and Relationships Literature Review** by Dr Rebecca Gray.

As a practitioner you can encourage your clients to:

1. Watch the **expert commentary video** of Dr Toby Newton-John, Clinical Psychologist, University of Technology, Sydney
2. Watch **Liz's story - learning to accept help and communicate my needs** and discuss in session and/or at home with partner.
3. Watch **Jack's story - learning to accept the things you can't change** and discuss in session and/or at home with partner.
4. Make an appointment to see a relationships counsellor.

www.humankind-relationships.com.au

Relationships Australia

