

Practicing Self Care

Join us for a workshop on self-care for helping professionals and earn 3 CEUs!

Description

There is no denying that helping professionals are great at helping others to address issues and promote healing but are not so great when it comes to taking care of ourselves. This workshop will cover things like symptoms of burnout and compassion fatigue in addition to prevention. A look at our personal values and how they impact our work and our own self-care will be explored. We will also discuss energy and how the negative energy of our clients affects us including creative ways to manage this.

Learning Objectives

1. Identify symptoms of burnout
2. Discuss the challenges of being a “helping” professional
3. Explore ineffective coping mechanisms
4. Discuss the challenges of being in the “helping” profession
5. Learn healthy ways to practice self-care to increase longevity in this field