



Self-Care for Social Workers

Friday, August 11, 2017

9 a.m. – 1:15 p.m.

Location:

Cumberland County Partnership for Children
351 Wagoner Drive
Multi-Purpose Room
Fayetteville, NC 28303

Target Audience

This program has been planned for substance abuse professionals, counselors, social workers, psychologists, and other interested mental health professionals.

Program Description

As we work to address social problems and help our clients survive and thrive, we can become overwhelmed by the amount of work that there is left to do. While we sometimes talk about self-care like taking a yoga class or drawing a bath, how do we actually center self-care in our lives and practice? This presentation will draw on the work done by Laura van Dernoot Lipsky and her book, *Trauma Stewardship*, as well as social work research in order to explore the ways that doing our work affects our lives. Our work can extend into our lives outside of the time that we plan to commit to the issue, affecting not only our lives and relationships but our clients and organizations. This presentation will go beyond the typical self-care brainstorming to take a closer look at why we came into the work, how we continue to find hope in the face of adversity, ways that we can strive to use collaboration and community to create a greater sense of connection, and strategies to cultivate a sustainable integration or balance of work and life. Participants can expect to build on strengths that they already have and increase their abilities to assess and act when the work starts to become overwhelming.

Objectives

Upon completion of this workshop, participants will be able to:

- List principles of trauma stewardship and signs for needing a greater focus on self-care;
- Summarize the impact of self-care on self, relationships, clients, and organizations; and
- Identify concrete strategies for centering self-care to achieve greater work-life balance.

Fee

\$89.00 if registration and payment are postmarked on or before August 4, 2017; \$99.00 thereafter.

Speaker

LB Klein, MSW, MPH, has dedicated her academic and professional life to ending gender-based violence, supporting survivors of trauma, and advancing social justice. She is currently a doctoral student in the University of North Carolina at Chapel Hill School of Social Work and research assistant to Dr. Rebecca Macy. Her research and practice interests include community approaches to gender-based violence prevention, LGBTQ issues, and preventing burnout and fostering compassion satisfaction for helping professionals. She has served as a consultant and trainer for organizations, coalitions, and institutions of higher education across the United States and Canada and is Co-Founder and Principal Consultant for Catalytical Consulting LLC. She also serves as a lead trainer and curriculum development specialist for Prevention Innovations Research Center (PIRC) at the University of New Hampshire. She holds a master's in clinical social work and a bachelor's in history from Washington University in St. Louis and an MPA focused on gender-based violence from the University of Colorado Denver as well as advanced training in lesbian, gay, bisexual, and transgender health from Drexel University. You can learn more about her on LinkedIn: <https://www.linkedin.com/in/laurenlbklein>

This presenter is being supported through the partnership between UNC-CH School of Social Work and the NCAHEC program.

Agenda

8:30 a.m. - 9 a.m.	Registration/Introduction
9 a.m. - 9:15 a.m.	Introductions and Self Reflection Objectives
9:15 a.m. - 10:15 a.m.	Overview
10:15 a.m. - 10:30 a.m.	Introduce Case Studies to Groups
10:30 a.m. - 10:45 a.m.	Break
10:45 a.m. - 11:00 a.m.	Relevant Legislation and Rights (and Case Study Discussion)
11 a.m. - 12:15 p.m.	On and Off Campus Processes for Survivors: Academic, Health, and Seeking Accountability (and Case Study Discussion)
12:15p.m. - 1:15 p.m.	Small Group Case Study Exploration, Next Steps, Closing
1:15 p.m.	Wrap-up

Credit

C.E.U.: 0.4

Contact Hours: 4.0

Credit will be awarded to participants who attend 100% of the program. SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit).

The program will provide 4.0 contact hours (category A) continuing education credit to NC Psychologists. Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362.



Programs that do not qualify for NBCC credit are clearly identified. Southern Regional AHEC is solely responsible for all aspects of the programs. No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Please bring a light jacket or sweater for your own comfort; the temperature of the room is controlled by thermostat and we are unable to make any adjustments.

Contacts

Bertina Parkins, Director Mental Health CE
910-678-7032 / Bertina.Parkins@sr-ahec.org

Kate Smith, Program Assistant Mental Health CE, SR-AHEC
910-678-7305 / Kate.Smith@sr-ahec.org

Registration Form

Form may be duplicated.

Self-Care for Social Workers

CASCE #52919 / MH170811

Phone: 910-678-7226 **Fax:** 910-323-0674

Online: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=52919>

Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

Name _____ Last 4 digits of SS# _____

Certifications/Degrees _____ Specialty Area _____ Are you an NCC? _____

Employer _____ Job Title _____

Work Address _____ City _____ State _____ Zip Code _____

Home Address _____ City _____ State _____ Zip Code _____

Phone (work) _____ (home) _____

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) _____ (secondary) _____

Do not send email announcements of upcoming SR-AHEC programs. Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies _____

Payment Information

Check (Make payable to SR-AHEC)

Mastercard / Visa # _____ Expiration Date (mm/yy) _____

Name on Card _____ Signature _____

The handouts for the program will be provided online through MyCE located on the SR-AHEC website: www.sr-ahec.org. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <http://sr-ahec.org/ContinuingEd/CE.html>

Office Use Only: Check Auth # _____ Date _____ From _____ Amount \$ _____

SR-AHEC.org
1601 Owen Drive • Fayetteville, NC 28304
(910) 678-7226

Southern Regional
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