



Speaker

Jill White-Huffman
Licensed Professional Counselor,
Marriage Family Therapist and Licensed Massage & Bodywork Therapist

**Personal Self-Care and
Mindfulness: A Foundation
Needed for Helping Others**

Thursday, March 15, 2018

9 a.m. – 1:15 p.m.

Location:

Southern Regional AHEC
1601 Owen Drive, Classroom E (3rd Floor)
Fayetteville, NC 28304

Target Audience

This training is designed for mental health professionals, school counselors, marriage and family counselors, substance use professionals, social workers, psychologists, and any other professionals interested in authentically shifting from personal burnout, chronic stress and pain to optimum health, internal healing and overall well-being.

Program Description

Most individuals have extremely busy schedules. Their focus is centered around the next item on the "to do list" while taking time out of the day to practice self-care seems like a selfish act. When we do not take the time to care for ourselves, we run the risk of experiencing the negative effects of burnout, chronic stress and pain. Even though taking the needed time to care for ourselves requires more discipline than ever before, the outcomes are so rewarding. Self-Care limits daily stress and strain, as well as allows us to meet the demanding expectations and challenges in our personal and professional commitments.

Well-developed individualized self-care strategies allows individuals the time and space needed to become more confident in adapting to whatever changes or obstacles in the areas of identifying and responding to their inner critic, decision making, time management, recognizing vulnerabilities to stress, setting appropriate boundaries with friends and families, love relationships, as well as work place environments.

Mindfulness allows us to recapture our wandering minds. It involves slowing our thoughts, emotions and body down as we focus on reacquainting ourselves on our present experience. By doing so, we become more accepting of what's happening during our experience without judging, which helps the struggle lessen as we journey through this transitional experience. When we pause and practice personal self-care and mindfulness regularly, we are more rested, open minded and clear thinkers when we return to the outside world.

Objectives

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

- Describe and understand the basis of self-care and mindfulness;
- Discuss and address barriers to practicing a self-care plan regularly;
- Identify new skills to change unhealthy patterns; and
- Demonstrate and role play mindfulness and compassion skills when communicating and interacting with others.

Speaker

Jill White-Huffman obtained her Bachelor's Degree in Physical Education in 1985 from Bennett College and Master's Degree in Counseling Education from North Carolina A&T State University in 2009 and post-graduate Certification in Marriage & Family Counseling 2010. She also received her Diploma as a Massage & Bodywork Therapist from the Therapeutic Massage Training Institute located in Charlotte, North Carolina in 1996.

Jill has been self-employed for 28 years. In 1989, she started out her career as a Certified Personal Trainer in Greensboro, North Carolina. As trainer, she was able to help individuals develop exercise programs to meet their needs. In 1996, Jill added massage therapy to her personal training practice specializing in Thai Massage, Myofascial Massage, Deep Tissue Massage, Thai Foot Massage and Reflexology.

In 2012, Jill added counseling to her massage therapy practice. She does not mix the two practices but rather treat them as two separate practices. Jill enjoys working collaboratively and respectfully with individuals, couples and families to help them foster change and recovery while using evidence-based interventions as they gain a better understanding of the influence that past experiences and relationships have had on them.

Agenda:

8:30 – 9 a.m.

Registration / Welcome

9 – 10:15 a.m.

Self-Care and Mindfulness

What are they?

Why are they important?

Who benefits most from them?

Letting Go

How to remain present and enjoying present experiences

Identify and recognize aspects of care

Understand benefits of self-monitoring

Develop tools to incorporate into daily life

10:15 – 10:30 a.m.

Break

10:30 a.m. – 1:15 p.m.

Practice letting go of the past and future to remain present and enjoy present moment experiences

Skills to identify and recognize aspects of care, such as: psychological, spiritual, physical, emotional, relational and professional

Understand the benefits of implementing a home practice plan that includes self-monitoring

Develop the tools needed to incorporate the benefits into your professional and personal life

1:15 p.m.

Adjourn

Fee

\$72 if registration and payment are postmarked on or before March 8, 2018; \$82.00 thereafter.

Credit

C.E.U.: 0.4

Contact Hours: 4.0

NAADAC: SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit).

NC Psychologists Category A: The program will provide 4.0 contact hours (category A) continuing education credit to NC Psychologists.

NBCC: 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.



Credit will be awarded to participants who attend 100% of the program.

Substitutes/Refunds/Transfers

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

- Send a substitute;
- Cancel two (2) business days (Monday-Friday), before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel two business days (Monday-Friday) before the program and obtain a refund for 70% of the registration fee.

Cancellations less than two business days (Monday-Friday) 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 jacket or other additional covering since we will not be able to adjust the thermostat.

Contacts

Bertina Parkins, Director Mental Health CE

910-678-7032 / Bertina.Parkins@sr-ahec.org

Kate Smith, Program Assistant for Mental Health CE

Registration Form

Form may be duplicated.

**Personal Self-Care and Mindfulness:
Foundation Needed for Helping Others**

CASCE #54675 / MH180315

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

Online: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=54675>

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 located on the SR-AHEC website at:
<https://www.aheconnect.com/ncahec/myce.aspx?a=8> 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:
https://www.southernregionalahec.org/?page_id=6196

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

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

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