

SELF-CARE AND PSYCHOLOGICAL WELLNESS FOR TRAUMA CLINICIANS

***Presenters: Jeffrey E. Barnett, PsyD, ABPP
Alana N. Levine, BS***

**Friday, October 4, 2024 ♦ 12:00 p.m. – 2:00 p.m. (EDT)
Zoom Webinar**

Mental health clinicians are regularly impacted by the many challenges, demands, and traumas in their professional and personal lives. The ongoing practice of self-care is essential for addressing and hopefully for preventing these factors from negatively impacting the clinician's clinical competence and effective functioning. The ongoing practice of self-care is especially important to clinicians who treat survivors of trauma due to the likely impact of this clinical work on the clinical, professionally and personally. Unfortunately, ethics directives to self-monitor and to take corrective action when needed is imperfect at best and is often ineffective. Strategies for overcoming these challenges are presented with a focus on prevention, self-awareness, the use of colleagues, and a communitarian approach to self-care. Self-care will be discussed as a core competency for trauma clinicians and guidance will be provided on how to develop and strengthen this skill. Beyond the prevention of the deleterious effects of stress, burnout, and vicarious traumatization, the use of self-care for promoting thriving and flourishing will be emphasized.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTERS

Jeffrey E. Barnett, Psy.D., ABPP is a licensed psychologist and is board certified by the American Board of Professional Psychology in Clinical Psychology and in Clinical Child and Adolescent Psychology. Additionally, he is a Distinguished Practitioner in Psychology of the National Academies of Practice. Dr. Barnett also is a Professor of Psychology at Loyola University Maryland. He has served as chair of the ethics committees of the Maryland Psychological Association, the American Psychological Association, and the American Board of Professional Psychology. He also has served as the Vice Chair of the Maryland Psychology Licensing Board. Dr. Barnett has numerous publications including 13 books and over 250 articles and book chapters and over 400 professional presentations that focus on ethics, legal, and professional practice issues for mental health professionals.

Alana N. Levine, B.S. is a 2019 graduate of the University of Massachusetts Amherst with a degree in psychology and a concentration in neuroscience. She is a second-year student in the APA-approved Psy.D. program in Clinical Psychology at Loyola University Maryland. She currently serves as the Educational Affairs Chair of the Maryland Psychological Association Graduate Students (MPAGS). Prior to entering her doctoral program, Alana worked in the Aging, Cognition, and Emotion Laboratory at the University of Massachusetts Amherst studying the cognitive and academic influences of multiple concussions and persistent post-concussion symptoms on university students. Alana also served as a Transcranial Magnetic Stimulation (TMS) technician, working with individuals with treatment-resistant depression. Alana's clinical and research interests include neuropsychology, health psychology, and self-care for psychologists and graduate students.

PROGRAM OBJECTIVES

Participants will be able to:

- Describe the sources of distress and threats to competence for trauma clinicians.
- Assess how relying on one's own self-assessment of one's competence is ineffective.
- Analyze the communitarian approach to self-care and how the use of colleagues promotes more effective self-care.
- List self-care strategies, large and small, that can help promote thriving and flourishing as a trauma clinician.

PROGRAM AGENDA

12:00pm – 12:30pm	Describe the sources of distress and threats to competence for trauma clinicians.
12:30pm – 1:00 pm	Assess how relying on one's own self-assessment of one's competence is ineffective.
1:00pm – 1:30pm	Analyze the communitarian approach to self-care and how the use of colleagues promotes more effective self-care.
1:30pm – 2:00pm	List self-care strategies, large and small, that can help promote thriving and flourishing as a trauma clinician.

For additional information on continuing education policies, please visit our web site at <http://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/25.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/25.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

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