Self-Care for Human Service Providers

By Peg Crawford, LMHC

Friday, August 11, 2017
10:00 a.m. - 5:00 p.m. | Frank G. Pogue Student Center, Room 143
6 CEUs | Course cost $150 | $140 early bird registration by July 31
Ask about our student discount

This six-hour workshop is designed to help human service professionals identify and manage the stress and fatigue inherent in working with clients in the health and mental health field. It includes didactic presentations as well as experiential exercises and practice to shift and revitalize your energy and perspective. The workshop is appropriate for Social Workers, Counselors, Therapists, Substance Abuse and Alcohol Counselors, Nurses, Doctors, Teachers and Ministers.

This class will cover:

• Basic mindfulness and self-compassion exercises
• Practices for healing suffering and cultivating happiness
• Tapping away your worries
• Eco-meditation for stress management
• Diaphragmatic breathing and balancing the nervous system
• Balancing your energy systems – the mind/body continuum
• Energy exercises for revitalizing and raising your vibes
• Designing your own Self-Care plan

Individuals are invited to wear comfortable clothing and to experience a profound sense of relaxation and renewal by the end of the day!

Space is limited. To reserve your spot, contact Beth Zewe at zewe@edinboro.edu or 814-732-1420.

www.edinboro.edu/continuing-education

Course Outline and Schedule

10:00 - 10:15 a.m.
Introduction to the Course

10:15 - 10:45 a.m.
The Daily Energy Routine

10:45 - 11:30 a.m.
Introduction to Basic Mindfulness

11:30 - 11:45 a.m.
Break

11:45 a.m. - 12:15 p.m.
Diaphrammatic Breathing

12:15 - 12:45 p.m.
Eco-Meditation

12:45 - 1:00 p.m.
Combining Mindfulness, Breathing and Meditation

1:00 - 2:00 p.m.
Lunch

2:00 - 3:00 p.m.
Tapping Away Your Worries

3:00 - 3:30 p.m.
Balancing your Energy Systems

3:30 - 3:45 p.m.
Break

3:45 - 4:00 p.m.
Daily Energy Routine

4:00 - 4:30 p.m.
Exercises for Cultivating Happiness

4:30 - 5:00 p.m.
Designing your Self-Care Plan