

# NURTURING THE HEALER WITHIN:

## CLINICAL SELF-CARE ESSENTIALS

### FREE 2 Hour Course

 April 26, 2024 1:00 -3:00 EST



#### CLINICAL SELF-CARE

***In life's journey, self-care should not be seen as a luxury but as a necessity, especially for those supporting individuals through their most challenging times. Research indicates that professionals who help others with their anxiety, depression and trauma can be at risk for increased stress, burnout, and vicarious traumatization.***

Nurturing the Healer " recognizes supporting clients sometimes requires empowering them with the tools for self-care. Through this workshop, participants will not only develop their own self-care strategies but also understand the vital role self-care plays in supporting clients.

With a keen focus on ethical and clinical considerations, "Nurturing the Healer "provides participants with a comprehensive lens through which to view self-care. By exploring the dynamics of stress, burnout, and vicarious traumatization, attendees will gain a deeper appreciation for the importance of self-care in sustaining both personal and professional well-being. Through interactive assessment, exercises, and discussions, participants will develop an individualized self-care plan tailored to their individual needs and circumstances, preparing them to support clients effectively.

Join us for "Nurturing the Healer" and discover how self-care is not just a personal practice but a cornerstone of supporting clients throughout their journey of growth and healing, using an ethical and clinically informed perspective.

#### LEARNING OBJECTIVES



Identify and evaluate the factors contributing to burnout risk.



Recognize the ethical and clinical implications when therapists neglect self-care.



Implement relaxation techniques to manage stress and promote well-being.



Create a personalized self-care regimen aimed at preventing burnout.

#### INSTRUCTOR: Beth Sperber Richie, Ph.D.

Beth Sperber Richie, Ph.D., is a D.C.-based psychologist and trauma specialist assisting activists and nonprofits in preventing burnout and fostering resilience. With a background in human biology and a doctorate in Counseling Psychology, she focuses on creating trauma-informed, resilient organizational cultures that address racism and sexism. Her work includes publishing and speaking nationally on trauma, race, gender, and resilience.

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