



ILLINOIS PSYCHOLOGICAL ASSOCIATION

67 E. Madison, Suite 1817 Chicago Illinois 60603

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www.IllinoisPsychology.org

Holding Space for Ourselves: Enhancing Self-Care to Manage Stress and Avoid Burnout

(Develop a selfcare plan that leads to a lifestyle of selfcare)

Friday, May 21, 2021

Via: Live Zoom Webinar

9am-12pm

Three Continuing Education Hours

**Register online on the IPA Website (www.illinoispsychology.org)
or call the IPA Office: 312-372-7620 x 201**

Workshop Fees

IPA Members	\$50
Non-Members	\$80
Student Members	\$20

A webinar link will be sent to all registrants.

Therapist Experiences during 2020 and 2021

- We have witnessed more severe symptoms in our patients.
- We have been obligated to use unfamiliar technology.
- Our billing is uncertain.
- We are worried for our kids and families.
- We are afraid for our own health.
- We are weary and stressed and “worn out.”

Workshop Description

Using clinical data, case scenarios and practical application, this webinar will explain that compassionate skillful psychologists are not immune from burnout and vicarious traumatization. In fact, given the shared trauma of this past year, we are potentially more vulnerable and more tired than ever. Attendees will begin the development or enhancement of a self-care plan for improved health and effectiveness.

Presenters

Dr. Margo Jacquot, Psy.D., is a Licensed Clinical Psychologist, Certified Supervisory Addictions Counselor and Board-Certified Expert in Traumatic Stress. Dr. Jacquot is the Director of The Juniper Center, a group practice with 42 therapists and 5 locations in the Chicagoland area. With over 30 years of experience as a therapist, practice owner and lecturer, Dr. Jacquot has taught graduate and post-graduate courses in treating trauma, substance abuse, couples and families, and LGBTQ affirming therapies.

Dr. Jacquot is a local and national lecturer on brain science and trauma recovery, using neurophysiology to destigmatize and treat substance use disorders, with expertise in same sex couples' dynamics and treatment, grounded parenting, effective treatments of adolescents and their families, gender considerations in the workplace (providing safe, harassment free workplaces for people of all genders), and effective practice development and management.

When not with her wife and kids, Dr. Jacquot also pursues another passion as a consultant to businesses and community organizations regarding behavioral health and healthy workplace policies. Dr. Jacquot is on the boards of the Maine Community Youth Assistance Foundation and Enterprising Women and is the current Chair of the Womens Issues Section of the Illinois Psychological Association (IPA).

Dr. Lynda Behrendt, Psy.D., RN, has been a counselor and clinical psychologist for over 30 years. Her practice in the northern suburbs assists adults with anxiety, depression and relationship issues. Dr. Behrendt's specialties include assisting adult with spiritual concerns, coexisting medical problems and intercultural adjustment. Dr. Behrendt was a medical nurse for ten years, working in home health care, orthopedics, surgery, ER, psychiatry and sub-acute cardiac unit. She received her Doctorate in Psychology from Pepperdine University.

Dr. Behrendt worked as the Director of Professional Affairs for the Illinois Psychological Association for 16 years, assisting psychologists to deal with licensing, ethical, reimbursement and educational, and clinical concerns. She continues to serve on the IPA Council, currently as a Regional Representative.

Location

The Illinois Psychological Association will host this as a webinar using the Zoom platform. A link and additional instructions will be sent to all participants as we get closer to the event.

Date

Friday – May 21, 2021

Time

The webinar is scheduled from 9am-12pm as a live webinar on Zoom

Cancellation Policy

There are generally no refunds for cancellations, but refunds may be made on a case-by-case basis if requested in writing to Marsha Karey, mkarey@illinoispsychology.org

Continuing Education and Grievance Policy

This workshop offers 3 CEs The Illinois Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Illinois Psychological Association maintains responsibility for this program and its content.

APA CE credits satisfy the continuing education requirements of Illinois Licensed Professional Counselors.

The Illinois Psychological Association (IPA) is fully committed to conducting all activities in strict conformance with the American Psychological Association's Ethical Principles of Psychologists. The IPA will comply with all legal and ethical guidelines for non-discrimination in promotional activities, program content and in the treatment of CE participants.

While the IPA strives to assure fair treatment for all participants and to anticipate problems before they occur, occasionally grievances may be filed. In cases where a participant files a written or oral grievance, the following actions are taken:

If the grievance concerns the content of the workshop an IPA representative will mediate and will be the final arbitrator. If the participant requests action, the IPA will either provide a credit for a subsequent CE offering or provide a partial or full refund of the CE fee already paid.

Actions involving a credit, or a refund will require a written note documenting the grievance for record-keeping purposes. The aggrieved individual need not sign the note. If the grievance specifically concerns the IPA, the IPA will attempt to arbitrate.

Direct correspondence to:

Illinois Psychological Association
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Chicago, Illinois 60603
mkarey@illinoispsychology.org

Workshop Objectives

After attending this intermediate-level workshop, participants will be able to:

1. Define self-care using the context of this CE program.
2. Explain how sufficient self-care is an ethical obligation for Psychologists
3. Describe three negative consequences, considering your emotional and physical health needs of not taking sufficient care of yourself.
4. List two internal motivations that get in the way of self-care for psychologists.
5. List two steps of the stress continuum that begin with “Thriving” and ends with “Impairment”.
6. Initiate your Self-Care Plan by listing four realistic changes that you can and want to make.

The Illinois Psychological Association is committed to accessibility and non-discrimination in continuing education activities. Presenters and attendees are asked to be aware of the need for privacy and confidentiality during and after the program. Additionally, if a participant has special needs, she/he should contact Marsha Karey by April 23, 2021 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Marsha Karey 312-372-7610

There is no commercial support for this program, nor are there any relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could reasonably be construed as conflicts of interest.

***The work of IPA is possible because of member support.
If you are a member, we THANK YOU!***

***The more individuals who participate, the louder our collective voice
can be towards positive changes in Illinois Mental Health.***

If you would like to join, please visit our website:

(www.illinoispsychology.org)