



Psychological Wellness and Self-Care in Everyday Life: A Reality-Based Approach

Six Continuing Education Credits

**Presented by
Jeffrey E. Barnett, PsyD, ABPP**

**Friday, May 3, 2019
8:30 AM to 4:30 PM**

**President Abraham Lincoln DoubleTree Hotel
701 E Adams Street
Springfield, IL 62701
Facility Phone: 217-544-8800**

**Sponsored by:
Illinois Psychological Association**

About the Workshop

Working as a mental health professional can be challenging, demanding, and stressful. With some clients, it can be traumatizing to the clinician. Self-care, the promotion of wellness, and the prevention of burnout are essential for every mental health professional in order to maintain our competence and clinical effectiveness. The ethical obligation to do so is addressed, ways to assess our own individual self-care needs and effectiveness, and specific strategies for the effective practice of self-care are presented. Important issues such as personal and professional challenges, vulnerabilities, and blind spots are addressed. The limitations of self-monitoring and self-assessment are reviewed and recommendations for proactively and effectively addressing these challenges are presented, to include the effective use of colleagues and other resources. Practical strategies are presented in this interactive workshop and personal reflection and group activities are integrated into the workshop so that each participant can develop a personal wellness-promotion plan that they can implement moving forward. Challenges and common pitfalls are discussed, and alternatives presented. A realistic approach to ongoing self-care and the promotion of wellness is presented that each mental health clinician can integrate into their daily lives, for their own benefit, and for the benefit of their clients.

Learning Objectives

Attendees will be able to:

- 1) List two of their personal vulnerabilities and blind spots
- 2) Describe two work stressors that can contribute to burnout
- 3) Identify three symptom warning signs of burnout

- 4) Articulate a personal self-care plan
- 5) Explain the use of their competence constellation to promote ongoing wellness
- 6) List three myths about self-care

THE PRESENTER

Jeffrey E. Barnett, PsyD, ABPP



Jeffrey E. Barnett, PsyD, ABPP is a licensed psychologist who is Board Certified in Clinical Psychology and in Clinical Child and Adolescent Psychology. Additionally, he is a distinguished practitioner of the National Academies of Practice. For the past five years, he has been the Associate Dean for the Social Sciences and Graduate Programs at Loyola University Maryland, where he is a Professor of Psychology. 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, and Vice Chair of the Maryland Board of Examiners of Psychologists. He also has been President of the Maryland

Psychological Association as well as President of three different divisions of the American Psychological Association. He has over 250 publications to include 12 books and has provided over 300 professional presentations and workshops both in-person and online. Areas of expertise include ethics and professional practice issues to include self-care and the promotion of wellness for mental health professionals. Among the many awards in recognition of his contributions to the practice and profession of psychology are the APA's Award for Outstanding Contributions to the Independent Practice of Psychology, the APA Outstanding Ethics Educator Award, and the APA award for Outstanding Leadership in Psychology.

Workshop Schedule

- 8 – 8:30 AM: Coffee and Bakery Breakfast
- 8:30 – 10 AM Workshop
- 10 – 10:15 AM Break
- 10:15 – 11:45 AM: Workshop
- 11:45 AM– 1:15 PM Lunch on your own
- 1:15 – 2:45 PM: Workshop
- 2:45 – 3 PM: Break
- 3 – 4:30 PM: Workshop

Bibliography

Barnett, J. E. (2014). Renewing one's self-care sensibilities: Distress, burnout, vicarious traumatization, and self-renewal. In R. Wicks and E. A. Maynard (Eds.) *The clinician's guide to self-renewal* (pp. 25-43). New York, NY: John Wiley & Sons.

Carter, L. A., & Barnett, J. E. (2014). *Self-care for clinicians in training: A guide to psychological wellness for graduate students in psychology*. New York: Oxford

University Press.

Johnson, W. B., Barnett, J. E., Elman, N., Forrest, L., & Kaslow, N. J. (2013). The competence constellation model: A communitarian approach to support professional competence. Professional Psychology: Research and Practice, 44(5), 343-354.

Lenz, A. S., & Sangganjanavanich V. F. (2015). Wellness and self-care for professional counselors. In V. F. Sangganjanavanich & C. A. Reynolds (Eds.) *Introduction to professional counseling* (pp. 221-244). Thousand Oaks, CA: Sage Publications.

Wise, E. H., & Barnett, J. E. (2016). Self-care for psychologists. In J. C. Norcross, G. R. VandenBos, & D. K. Freedheim (Eds.) *APA handbook of clinical psychology: Vol. 5. Education and profession* (pp. 209-222). Washington, DC: American Psychological Association.

CONTINUING EDUCATION CREDITS

Psychological Wellness and Self-Care in Everyday Life: A Reality-Based Approach is sponsored by the Illinois Psychological Association. 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.

The IPA has been approved by The Illinois Social Work Continuing Education Committee for the Illinois Department of Professional Regulation to offer CE credit for social workers. #159-001359.

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

Six continuing education credits will be awarded.

CANCELLATION POLICY

There are generally no refunds for cancellations but refunds may be made on a case-by-case basis if requested in writing.

Grievances about the workshop may be addressed to the Illinois Psychological Association in writing.

**Illinois Psychological Association
67 East Madison Street Suite 1817
Chicago, Illinois 60603**

LOCATION



President Abraham Lincoln Hotel in Springfield, Illinois

Psychological Wellness and Self-Care In Everyday Life: A Reality-Based Approach will be held on Friday, May 3, 2019 from 8:30 a.m. to 4:30 p.m. at the Abraham Lincoln DoubleTree Hotel, 701 E Adams Street, Springfield, IL 62701. Facility Phone: 217-544-8800

Self-parking: \$7.00 (Not hotel managed)

Valet: \$15.00 (VIP Valet: \$24)

- Located in historic downtown Springfield, within walking distance of Lincoln's home and the Presidential Museum
- Complimentary shuttle to Amtrak and Abraham Lincoln Capital airport)
- Heated indoor swimming pool and 24-hour fitness center
- Delicious on-site dining at Lindsay's Restaurant and The Globe Tavern

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 3, 2019 to discuss what accommodations can be provided. All questions, concerns, or complaints should be directed to Ms. Karey (312-372-7610 x201) or mkarey@illinoispsychology.org.

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.

PRE-CONFERENCE DINNER

For those arriving on May 2, 2019, there will be get-together dinner at 7 PM at the Augie's Front Burner (<http://augiesfrontburner.com/dinner>) at 109 S. 5th St. Space is limited. RSVP to Dr. Anna Hickey by April 26, 2019 at 217-414-4703 or anna.m.hickey@gmail.com.

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Register Early - Attendance is limited

Registration Form:

Name/Degree: _____

Profession : (Psychology, Social Work, etc.) _____

Address: _____

Telephone: _____

email: _____

Fees—Before April 26, 2019

IPA Member & Trust Insureds	\$175.00
Non-Member	\$185.00
IPA Student Members	\$70.00

After April 26, 2019 and On-site Registration Fees

IPA Member & Trust Insureds	\$200.00
Non-Member	\$210.00
IPA Student Members	\$90.00

Payment

Enclosed check for \$ _____ or

Charge \$ _____ to: Visa MasterCard

Card #: _____

Expiration Date _____

Authorized Signature _____

Make checks payable to:

Illinois Psychological Association

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