

Professional Well-Being for Clinicians: From Knowledge to Action

We all know that professional burnout is a problem, but what do we do about it? In this interactive seminar, Dr. Hartman-Hall provides information from the research literature and her clinical experience about the causes and consequences of clinician burnout. Recognizing that wellness is not a "one size fits all" concept, we will explore a variety of approaches for considering clinicians' risk factors for occupational stress, improving our own self-care, and adjusting our approach to our work. Brief exercises to practice relaxation, mindfulness, and self-awareness will be utilized throughout the talk to provide participants the opportunity to practice concepts being discussed.

Psychologists
Therapists

Target Audience
Social Workers
Psychiatrists
Course level: Intermediate

Counselors
Nurses

Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Identify and assess potential negative effects of occupational stress
- 2) Identify risk factors for burnout
- 3) Describe ways to address barriers to self-care
- 4) Identify strategies for self-care and managing stress
- 5) Practice relaxation and reflection exercises to apply concepts discussed

Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

Begin 10 AM ET

Terms and concepts: Occupational stress, compassion fatigue, vicarious traumatization, burnout

Effects of burnout on the field, clients, and clinicians

Risk factors

Barriers to self-care

Ethical guidelines

Warning signs and self-monitoring

Break 11:30-11:45 AM ET

Wellness as more than the absence of burnout

Wellness strategies

In our organizations

In how we work

In how we think

In caring for the body

In caring for the "heart and soul"

Self-care

Additional resources and recommended reading

End 1:15 PM ET

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Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Dr. Heather Hartman-Hall, a licensed psychologist, earned her Ph.D. in Clinical Psychology from American University in 2000. She has provided crisis counseling, individual/group psychotherapy, consultation and assessment for adolescents and adults in a variety of settings including a state psychiatric hospital, a juvenile facility, elder care facilities, primary care, and private practice. For more than a decade, she conducted individual and group psychotherapy with psychiatric inpatients presenting with difficulties including severe mental illness, substance abuse, cognitive impairment, significant trauma histories, dissociative symptoms, and self-harming behaviors. She has provided training, supervision, consultation, and program development on topics including assessment, self-injury, psychological trauma, and working with older adults. She has extensive experience in psychological assessment, including assessment for cognitive impairment and the effects of psychological trauma. Dr. Hartman-Hall has served as the Director of Training, a clinical supervisor, and a regular seminar presenter for an APA-accredited clinical psychology pre-doctoral internship. She currently provides assessment, intervention, and consultation in a primary care setting and is a faculty member of an internal medicine residency program.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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