

Psychological Wellness and Self-Care as an Ethical Imperative

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. 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.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

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

- 1) List their personal vulnerabilities and blind spots
- 2) Explain the warning signs of burnout
- 3) Articulate a personal self-care plan
- 4) Explain the use of their competence constellation to promote ongoing wellness
- 5) Explain vicarious traumatization

Seminar Schedule

Typically begins at 11 AM and ends at 2:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

- Begin 11 AM ET
- Define burnout
- Vicarious traumatization
- Impaired professional competence
- Work factors
- Client suicide
- Client assault
- Break 12:30-12:45 PM ET
- Personal factors and blind spots
- The ethics code
- Self-assessment
- Maladaptive coping strategies
- Self-care strategies
- Stressors and coping
- The competence constellation
- Seeking assistance
- End 2:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

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 up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Jeffrey E. Barnett, Psy.D., ABPP is a licensed psychologist and is board certified by the American Board of Professional Psychology in Clinical Psychology and in Clinical Child and Adolescent Psychology. Additionally, he is a Distinguished Practitioner in Psychology of the National Academies of Practice. He also is a Professor of Psychology at Loyola University Maryland. He is a nationally recognized expert in professional ethics issues for mental health professionals and has served as chair of the ethics committees of the Maryland Psychological Association, the American Psychological Association, and the American Board of Professional Psychology. He also has served as the Vice Chair of the Maryland Psychology Licensing Board. Dr. Barnett has numerous publications to include 13 books and over 250 articles and book chapters and over 300 professional presentations that focus on ethics, legal, and professional practice issues for mental health professionals. Through his many publications and presentations Dr. Barnett has made major contributions in ethics and ethics education, ethical decision-making, online education, mentoring, boundaries and multiple relationships, self-care and the promotion of psychological wellness, clinical supervision, tele-mental health, integrating religion and spirituality into clinical practice, business of practice, and integrating Complementary and Alternative Medicine into clinical practice. Among his many awards he is a recipient of the American Psychological Association's Award for Outstanding Contributions to Ethics Education and its award for Distinguished Contributions to the Independent Practice of Psychology.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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