

# Counselors and Self-Care: Making Time to Heal

MPTI 5th Annual Boot Camp: Virtual

Wednesday, August 4, 2021 9 a.m.-12 p.m.

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## Description

“In traditional Native American philosophy it is believed that each time you heal someone you give away a piece of yourself. The journey to become a medicine man or woman requires an understanding that the healer at some point in time may become the wounded healer.” (Corey, et.al 2018) As counselors we spend days helping others to heal their wounds but how often do we take time to heal the ones that we may have collected from vicarious trauma. “Compassion fatigue is caused by empathy. It is the natural consequence of stress resulting from caring for and helping traumatized or suffering people” (Portnoy, 2011). It is crucial to recognize the signs in our lives for our own health. These symptoms can manifest cognitively, emotionally, behaviorally, spiritually, and somatically. You will be able to look at areas in your own work and personal life that may need change and this training will give you an opportunity to establish a ritual to follow and to facilitate a formal transition between work and home. During this workshop clinicians will take part in creating a self-care resiliency plan to help honor their life first. You will be able to use self-reflection to see how even a minimal amount of time can recharge your well-being.

## Objectives

1. Define what vicarious trauma is and how it may affect our professional and personal lives.
2. Clinicians will learn 5 strategies to increase self-care.
3. Clinicians will be able to honor themselves by creating a self-care plan to promote resiliency and calmness in their life.

## Time Frame

9:00-9:30 Introductions, Review, In the beginning

9:30-10:15 Vicarious Trauma (Obj.1)

10:15-11:00 Strategies to increase self-care awareness (Obj. 2)

11:00-11:45 Develop a plan to honor yourself (Obj. 3)

11:45-12:00 Questions and Closing

## Resources

Corey, Gerald, et al. *Counselor Self-Care*. American Counseling Association, 2018.

<https://www.tappingsolutionfoundation.org/>

Myss, Caroline. *Why People Don't Heal and How They Can*. Random House Australia, 2011.

Neff, Kristin, and Christopher K. Germer. *The Mindful Self-Compassion Workbook: a Proven Way to Accept Yourself, Build Inner Strength, and Thrive*. <> Guilford Press, 2018.

3 CE's will be awarded to those individuals who are present for the entire presentation, complete, and return an evaluation form.



**Dawn Whiteside** is a Licensed Independent Chemical Dependency Counselor (LICDC), a Licensed Professional Counselor (LPC), and a Registered Play Therapist. Ms. Whiteside graduated from Ohio Christian University with a Bachelor Arts, Substance Abuse Counseling. She attended Lindsey Wilson College where she completed her Master of Education in Counseling & Human Development. Ms. Whiteside is a 2018 Association of Play Therapy Leadership Graduate. Currently she works with elementary school age children and their families within the public school system. Recently she was able to step into a role as the Pickaway County ESC Family and Community Partnership Liaison. This role allows her to identify, engage, support, and ultimately meet the needs of Ohio's most vulnerable students and their families within the county following the grant guidelines. Ms. Whiteside is the Coordinator for The Midwest Play Therapy Institute. Her heart lies in serving others in various aspects of her life on a personal and professional level.