

Mindfulness

Including Self-Care and
Communication - with Ethical
Perspectives

FEATURING:

- One of our most dynamic and popular presenters - Kim Wilson, LPC!
- A full day of learning incorporating mindfulness - including being mindful of self-care (around vicarious trauma/burnout) and Communication - with ETHICS hours (3 ethics and 2 CE Credits)!

Thursday,

December 5th, 2019

8:00 – 8:30 am:

Registration & Networking

8:30 am - 2:45 pm: Presentations

See back page for detailed agenda

Demere Center
6000 Business Center Dr.
Savannah, GA 31405

**\$70 Early Registration - Must be
paid by 12/02/2019;**
\$90 Regular Registration
(includes lunch and 5 CE hours!)

*Space is limited. Please register online
at www.ceucreationsinc.com.*



Continuing Education Event, Lunch & 5 CE Hours

— **5 Credit Hours Approved For:** —

- Social Work (ASWB - ACE – 3 Ethics and 2 General CE Credits)
- Case Managers (CCM - 5 Clock Hours)
- RN (CA Board of Registered Nursing – 5 Contact hours)
- LPC (Ethics: 3 NBCC Hours and Clock: 2 NBCC Hours)



- Attendance or applied credit certificate available for other credentials.

— **Presenters:** —

Kim Wilson, LPC
Founder of the Kim Wilson
Experience

— **This Event is Generously
Sponsored By:** —



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According to Merriam-Webster's Dictionary – Mindfulness is defined as “the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis”. On a daily basis, social workers, counselors, case managers, nurses and other clinicians work with a myriad of different emotions from our clients/patients, co-workers and in our personal lives. To be effective clinicians – it is critical that we understand emotions, mindfulness, how to communicate and even how to seek help ourselves when we are experiencing vicarious trauma. In our day of learning we will be exploring all of this – including ethical principles (from social work, counseling, case management and nursing) that come into play. We will begin our day of learning with engaging speaker, Kim Wilson, LPC and a mindfulness discussion – touching on topics such as exploring mindfulness, Mindfulness Based Stress Reduction (MBSR) and implementing MBSR in our daily jobs/lives – applying ethical standards throughout. From here, we will dive into self-care, ethics and mindfulness – where we discuss clinician's ethical obligation to self-care as well as how we help our clients with some of these coping techniques as well. Finally, we will end our day of learning with a focus on being mindful of our communication styles to enhance our client communication. Kim Wilson, LPC and one of our most dynamic and popular presenters will be presenting our entire training today – don't miss out on the fun!

Agenda:

8:00 – 8:30am:	<i>Registration and Networking</i>
8:30 – 9:30am:	Laying More Groundwork and “Diving Into” Mindfulness
9:30 – 10:00am:	Mindfulness Explored and MBSR
10:00 – 10:15am:	<i>Break</i>
10:15 - 11:45am	Self-Care and Ethics and Mindfulness
11:45 – 12:30pm:	<i>Lunch</i>
12:30 – 2:30pm:	Being Mindful of Communication Styles to Enhance Client Communication
2:30 - 2:45pm	<i>Evaluations and Adjourn</i>

By attending our workshop, you will be able to:

1. Name 5 Ethical Standards (from social work, counseling, case management and nursing) and state how they overlap the principles feelings/emotions in the workplace and mindfulness (and have participated in discussion about this).
2. Define MBSR and the role that it plays in regulating emotions and ethics around this.
3. State 2 principles around ethics and self-care when considering burnout and vicarious trauma (and ways that clinicians may be able to cope better AND teach these coping skills to clients as well).
4. Identify the 4 types of communication behaviors.
5. Name two typical responses to aggressive communication behavior and identify some appropriate ways to respond to aggressive communication behavior.

SOCIAL WORKERS: CEU Creations, provider #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/18-11/22/21]. Social workers completing this course receive 3 Ethics and 2 General continuing education credits.

In order to receive credit, you must attend the entire presentation and complete an evaluation. Certificates will be provided on-site. Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals – beginning to intermediate level of learning. *The GA Board governing social work CE's accepts ACE Programs.*

NURSES: 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

LPC's: Ethics: 3 NBCC hours, Clock: 2 NBCC hours - CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

Cancellation Policy: Registrants must cancel through Steve McSweeney only via email or phone at steve@ceucorationsinc.com or 404-421-6055 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25- Refunds will not be given for cancellations within five (5) business days prior to the workshop date **All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.**

Speaker Information:

Kim Wilson is a licensed professional counselor and owner of Kim Wilson Experience, LLC. She has worked in the mental health field since 2006. Her work as both an advocate and counselor for families in the communities she serves is a testament to her commitment to emotional health and wellness. Kim Wilson uses her education in human behavior to facilitate dynamic workshops and seminars on effective communication, work life balance, stress management and other customized talks. She is also the creator of “Amazing Relationships with Kim Wilson” a podcast which is featured in iTunes, Stitcher and Google Music.