

Positive Psychology and Creative Arts to Motivate and Encourage: with Ethical Perspectives on Self-Care Included

FEATURING:

- **Positive psychology – a lighter and fun topic and 2 ethics hours!**
- “Hands-on” experiential and creative arts intervention as tools for learning

**Friday, February 21,
2020**

8:00 – 8:30 am: Registration & Networking

8:30 – 2:45 pm: Presentations
See back page for detailed agenda

Peachford Hospital Peachford Conference Center

2151 Peachford Road
Atlanta, GA 30338

A light lunch will be provided.

**\$79.99 Early Registration;
\$99.99 At the Door**
(includes lunch and 5 CE hours!)

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



Creative. Educational. Unique.

Continuing Education Event, Lunch & 5 CE Credits

5 CE Credits Approved For:

- Social Work (ASWB ACE – 2 Ethics and 3 General CE Credits)
- Case Managers (CCMC – 5 Clock Hours)
- RN (CA Board of Registered Nursing – 5 Contact Hours)
- LPC (Core: 5 NBCC Hours)
- *Attendance or applied credit certificate available for other credentials.*



Presenter:

**Janet Burr, MS, LPC, CPCS,
Grace Counseling**

For full bio – please see page 3

**This Event is Generously
Sponsored By:**



Positive Psychology and Creative Arts to Motivate and Encourage: with Ethical Perspectives on Self-Care Included

This experiential seminar will discuss the history and science of positive psychology, demonstrate the importance of positivity and strength-based techniques in therapy, and identify creative ways to incorporate positive psychology into one's practice. Participants will learn key concepts from the field of positive psychology, ways to evaluate their clients' level of happiness and life satisfaction, and the implications of one's perspective on wellbeing. We will also be discussing self-care as an ethical mandate and ways to address this. In addition, participants will experiment with art and expressive techniques to use in the therapeutic environment in order to promote growth and facilitate change.

Agenda:

8:00 – 8:30am:	Registration, and Networking
8:30 – 11:45am:	Session 1 - Janet Burr, MS, LPC, CPCS
11:45 am – 12:30pm:	Lunch
12:30 - 2:45pm:	Session 2 - Janet Burr, MS, LPC, CPCS

By attending our workshop, you will be able to:

1. Identify the main concepts of Positive Psychology
2. Learn specific techniques for positive growth
3. Learn strategies to motivate and encourage clients through identifying and supporting strengths
4. Recognize how Positive Psychology and art can promote change in children as well as adults
5. Learn creative interventions to implement Positive Psychology
6. Identify at least 2 ethical standards in social work, case manager, nursing and counseling which mandates self-care as an ethical principle and ways to maintain this during times of compassion fatigue, stress and burnout

SOCIAL WORKERS: CEU Creations, #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 Clinical and 2 Ethics 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: Core: 5 NBCC hrs - 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@ceucrationsinc.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.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Anne McSweeney at info@ceucrationsinc.com or 404-421-6055.

Speaker Information:



Janet Burr, MS, LPC, CPCS is therapist/owner at Grace Counseling in Kennesaw, GA, a clinical supervisor, and former psychology professor at Kennesaw State University. Janet works with children, adults, and couples who are experiencing anxiety, depression, significant life change, behavior issues, social and academic struggles, and grief . She also works to support parents whose children are struggling. Janet's practice is centered on the principles of Positive Psychology, which focuses on what is right with a person rather than what is wrong with them. Janet uses encouragement and positive regard, along with creative therapeutic techniques, to foster autonomy, confidence, and self-worth. She also uses expressive therapy to create a fun and dynamic experience, providing healing through the use of imagination and expression. Janet believes that hope and joy are catalysts for change.