

# Feelings, Emotions and Ethics - OH MY!

*A Focus on Mindfulness and MBSR  
in Our Daily Practices*

## FEATURING:

- **5 ETHICS HOURS** and a "Bonus" CE (clinical/core hour) – **total of 6 CE hours!**
- Start 2019 off with a calm, soothing CE topic!
- Every attendee receives a copy of the Feeling Wheel!

## Friday, Feb. 15, 2019

**8:00 – 8:30 am:**

Registration & Networking

**8:30 – 3:45 pm:** Presentations

*See back page for detailed agenda*

## Peachford Hospital

### ***Peachford Conference Center***

2151 Peachford Road

Atlanta, GA 30338

*A simple, light lunch will be provided.*

**\$70 Early Bird Registration;  
\$90 At the Door (If space is  
available)**

***Includes lunch and 6(5 Ethics) CE hours!***

*Space is limited.*

*Please register online at  
[www.ceucreationsinc.com](http://www.ceucreationsinc.com).*

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## Continuing Education Event, Lunch & 6 (5 Ethics) CE Hours

### 6 Credit Hours Approved For:

- Social Work (ASWB – 5 Ethics and 1 Clinical Core or 6 Clinical/Core Hours)
- Case Managers (CCMC – 6 hours - 5 Ethics clock Hours and 1 clock hour)
- RN ( CA Board of Registered Nursing – 6 Contact Hours)
- LPC (NBCC – 5 Ethics and 1 Clinical Core or 6 Clinical/Core Hours)
- Attendance or applied credit certificate available for other credentials.



### Presenter:

**Robin Brown-Haithco**, *Director of Spiritual Health; Director of Staff Support, Emory Healthcare*

**Lauren Corsillo, LPC**, *Mindful Psychotherapist, Meditation Teacher  
LC Counseling and Wellness*

**Triff Cook, MBA, CMC**, *Home Care Assistance*

**This Event is Generously  
Sponsored By:**



## A Focus on Mindfulness and MBSR in Our Daily Practices

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 and how to regulate these emotions. 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. Robin Brown-Haithco will begin our day of learning by exploring “Feelings, Emotions and Ethics in our Daily Workplace”. She will review ethical standards and then discuss the role that emotions/feelings have in our day-to-day lives. From here, Lauren Corillo, LPC will begin our 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. Finally, we will end the day with a “bonus” hour and look at “The Mind Body and Spirit” as we age – with an engaging, interactive presentation by Triff Cook. As we begin 2019, don’t miss this reflective day of learning with ethics, mindfulness and self-care to help our clients and soothe ourselves as well!

### Agenda:

<b>8:00 – 8:30am:</b>	<i>Registration, and Networking</i>
<b>8:30 – 9:30am:</b>	Feelings, Emotions and Ethics in our Daily Workplace – Robin Brown-Haithco
<b>9:30 – 10:00am:</b>	Laying More Groundwork and “Diving Into” Mindfulness – Lauren Corsillo
<b>10:00 – 10:15am:</b>	<i>Break</i>
<b>10:15-11:45am</b>	Mindfulness Explored and MBSR – Lauren Corillo
<b>11:45 – 12:30pm:</b>	<i>Lunch</i>
<b>12:30 – 2:30pm:</b>	Self-Care and Ethics, Mindfulness and Drum Meditation – Lauren Corsillo
<b>2:30-2:45pm</b>	<i>Break</i>
<b>2:45-3:45pm</b>	<b>BONUS HOUR!</b> A Closer Look at Mind, Body and Spirit as We Age – Triff Cook

### 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 the role that feeling and emotion play in our day-to-day lives – at work, with our clients and personally.
3. Define MBSR and the role that it plays in regulating emotions and ethics around this.
4. State 2 principles around ethics and self-care when considering burnout and vicarious trauma (and ways that clinicians may be able to cope better).
5. Describe one tip to maintaining a healthy mind through the aging process and Discuss why spiritual health is important to healthy aging.

**SOCIAL WORKERS:** This organization (CEU Creations provider #1239) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. CEU Creations maintains responsibility for the program. ASWB Approval Period: 11/22/18 – 11/22/21. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 5 Social Work Ethics and 1 Clinical/core (or 6 clinical/core) hours continuing education hours. 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:** 6 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:** 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 Sarah Gaunt only via email or phone at [sarah@ceucorrectionsinc.com](mailto:sarah@ceucorrectionsinc.com) or 770-880-9873 (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

**For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Anne McSweeney at [info@ceucorrectionsinc.com](mailto:info@ceucorrectionsinc.com) or 404-421-6055.**