

Resilience and Ethics: Supporting Our Helping Professionals



A Complimentary CE and Support Group

FEATURING:

- A Free Resilience Building Workbook for Each Attendee
- Complimentary 1-hour ETHICS CE!

Thursday, October 20, 2022

5:30 PM ET – 7:00 PM ET

Live Stream Series (Online Synchronous Training)

Complimentary CE Event courtesy of CEU Creations

Space is limited.

Please scan QR code or
register online at:

<https://bit.ly/CEUCreations102022>



PRESENTER:



**Jessica Patterson,
LMSW, DSW
Educational
Manager,
CEU Creations**

Jessica Patterson, LMSW, DSW, is a licensed social worker with over ten years of experience working in different systems. Jessica has a strong passion for teaching, training, and professional development. She also has a strong background around creating trauma informed systems, social emotional behavioral health and the implementation of community and individual support systems.

Jessica has created and facilitated many professional development trainings throughout her career. Jessica's role at CEU Creations includes developing curriculum, working with licensure boards, and presenting at various CE trainings.

Jessica holds a Bachelor's degree in organizational management and sociology from Ashford University. She received her Master's in Social Work from University of Iowa and is currently working on her Doctoral degree in Social Work. Jessica is a licensed Social Worker through the state of Iowa. Jessica currently lives in Iowa with her husband, four children, two dogs, and cat. Any spare moment that Jessica has is usually spent running or reading.



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AGENDA

5:30 PM ET – 6:00 PM ET: Log-in and Helping Professional Support Group/Resource Sharing

6:00 PM ET – 7:00 PM ET: CE Presentation

Since the pandemic, helping professionals have experienced record levels of burnout, stress and compassion fatigue. While many trainings focus on self-care; this training focuses on exploring the concept of resilience. During this special event created to support our helping professionals, participants will have the opportunity to learn about their own individual resilience through various exercises. In addition, we will explore the definition and 4 categories of resilience. We will also review our ethical obligations as helping professionals to build our own resilience (around ethics of self-care and other critical principles), helping our clients with their resilience, warning signs that our tanks are low, and tips and tricks to fill them back up. Participants will be able to walk through creating their own plan to build resilience and will leave with free tools to use both professionally and personally.

BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

- 1. State the definition of resilience and our ethical obligation to ensure we are caring for ourselves.**
- 2. Identify the four categories of individual resilience**
- 3. Identify strategies to build resilience with our clients and within ourselves as helping professionals.**

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must login on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.

Target audience: Social workers, case managers, discharge planners, nurses, counselors, long term care administrators, and other healthcare professionals.

SOCIAL WORKERS: CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: [11/22/21-11/22/24]. Social workers completing this course receive 1 Ethics continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 Contact hour.

NURSES: 1 Contact Hour - 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.

COUNSELORS: 1 Contact Hour or 1 Ethics Hour



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.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 contact hour.

Cancellation Policy: Registrants must cancel via email or phone at patty@ceucreationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted.