THE UNIVERSITY OF MAINE
Hutchinson Center

Ethical Dimensions of Self-care in Social Work and Human Services

June 9, 2017
9:00 a.m. –3:30 p.m.

Lunch and refreshments will be provided.

An experiential workshop to develop skills and understand our ethical responsibility to recognize and address vicarious trauma through compassionate self-care.

Morning Session

- Be able to define compassion fatigue, compassion satisfaction, vicarious trauma, secondary trauma and burn out.
- Identify signs and symptoms of vicarious trauma
- Articulate the connection between adverse childhood experiences and well-being.

Afternoon Session

- Learn how self-care is related to ethical practice
- Identify skills for compassionate self-care
- Create a personal self-care plan

Deirdre Finney Boylan, LCSW, has been a psychotherapist and supervisor in community mental health services for 25 years. Currently Deirdre is a school-based clinician at a public high school for Kennebec Behavioral Health and a faculty member of the University of Maine School of Social Work.

Leah Maxwell, LCSW, has worked in the area of child and families' services, developmental disability and mental health for many years. Currently Leah is a residential clinician at Hope Rising, Saint Andre's Home, in Biddeford, Maine and a faculty member of the University of Maine School of Social Work.

Program Cost: $65 **UMaine Student Cost:** $30
Earn: UMaine Certificate, .6 CEUs/6 contact hours
Register Online: hutchinsoncenter.umaine.edu

For more information contact Kim Raymond, 207.338.8034, kim.raymond@maine.edu

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