Professional Well-Being for Clinicians: From Knowledge to Action

We all know that professional burnout is a problem, but what do we do about it? In this interactive seminar, Dr. Hartman-Hall provides information from the research literature and her clinical experience about the causes and consequences of clinician burnout. Recognizing that wellness is not a “one size fits all” concept, we will explore a variety of approaches for considering clinicians’ risk factors for occupational stress, improving our own self-care, and adjusting our approach to our work. Brief exercises to practice relaxation, mindfulness, and self-awareness will be utilized throughout the talk to provide participants the opportunity to practice concepts being discussed.

Outline

- Terms and concepts: Occupational stress, compassion fatigue, vicarious traumatization, burnout
- Effects of burnout on the field, clients, and clinicians
- Risk factors
- Barriers to self-care
- Ethical guidelines
- Warning signs and self-monitoring
- Wellness as more than the absence of burnout
- Wellness strategies
- In our organizations
- In how we work
- In how we think
- In caring for the body
- In caring for the “heart and soul”
- Self-care

Additional resources and recommended reading

Our seminars are available in two formats: The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE’s for both the live webinar and the Home Study version.

Learning Objectives

At the end of this seminar, participants will be able to:

1) Identify and assess potential negative effects of occupational stress
2) Identify risk factors for burnout
3) Describe ways to address barriers to self-care
4) Identify strategies for self-care and managing stress
5) Practice relaxation and reflection exercises to apply concepts discussed

Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

General Information

The Tzkseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

Individuals with a disability or special need can go to tzkseminars.com to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022. To cancel a registration, go to the Contact page. You will be charged $30 for any cancelled registration. If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:

Tzkseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029

The Presenter

Dr. Heather Hartman-Hall, a licensed psychologist, earned her Ph.D. in Clinical Psychology from American University in 2000. She has provided crisis counseling, individual/group psychotherapy, consultation and assessment for adolescents and adults in a variety of settings including a state psychiatric hospital, a juvenile facility, elder care facilities, primary care, and private practice. For more than a decade, she conducted individual and group psychotherapy with psychiatric inpatients presenting with difficulties including severe mental illness, substance abuse, cognitive impairment, significant trauma histories, dissociative symptoms, and self-harming behaviors. She has provided training, supervision, consultation, and program development on topics including assessment, self-injury, psychological trauma, and working with older adults. She has extensive experience in psychological assessment, including assessment for cognitive impairment and the effects of psychological trauma. Dr. Hartman-Hall has served as the Director of Training, a clinical supervisor, and a regular seminar presenter for an APA-accredited clinical psychology pre-doctoral internship. She currently provides assessment, intervention, and consultation in a primary care setting and is a faculty member of an internal medicine residency program.