Working as a mental health professional can be challenging, demanding and stressful. With some clients, it can be traumatizing to the clinician. Self-care, the promotion of wellness, and the prevention of burnout are essential for every mental health professional in order to maintain our competence and clinical effectiveness. The ethical obligation to do so is addressed, ways to assess our own individual self-care needs and effectiveness, and specific strategies for the effective practice of self-care are presented. Important issues such as personal and professional challenges, vulnerabilities, and blind spots are addressed. The limitations of self-monitoring and self-assessment are reviewed and recommendations for proactively and effectively addressing these challenges are presented. A realistic approach to ongoing self-care and the promotion of wellness is presented that each mental health clinician can integrate into their daily lives, for their own benefit, and for the benefit of their clients.

**Psychological Wellness and Self-Care as an Ethical Imperative**

**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 tzkseminar.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

Jeffrey E. Barnett, Psy.D., ABAPP is a licensed psychologist and is board certified by the American Board of Professional Psychology in Clinical Psychology and in Clinical Child and Adolescent Psychology. Additionally, he is a Distinguished Practitioner in Psychology of the National Academies of Practice. He also is a Professor of Psychology at Loyola University Maryland. He is a nationally recognized expert in professional ethics issues for mental health professionals and has served as chair of the ethics committee of the Maryland Psychological Association, the American Psychological Association, and the American Board of Professional Psychology. He also has served as the Vice Chair of the Maryland Psychology Licensing Board. Dr. Barnett has numerous publications to include 13 books and over 250 articles and book chapters and over 300 professional presentations that focus on ethics, legal, and professional practice issues for mental health professionals. Through his many publications and presentations Dr. Barnett has made major contributions in ethics and ethics education, ethical decision-making, online education, mentoring, boundaries and multiple relationships, self-care and the promotion of psychological wellness, clinical supervision, tele-mental health, integrating religion and spirituality into clinical practice, business of practice, and integrating Complementary and Alternative Medicine into clinical practice. Among his many awards he is a recipient of the American Psychological Association’s Award for Outstanding Contributions to Ethics Education and its award for Distinguished Contributions to the Independent Practice of Psychology.

**Outline**

- Define burnout
- Vicarious traumatization
- Impaired professional competence
- Work factors
- Client suicide
- Client assault
- Personal factors and blind spots
- The ethics code
- Self-assessment
- Maladaptive coping strategies
- Self-care strategies
- Stressors and coping
- The competence constellation
- Seeking assistance

**Seminar Schedule**

- **Course level:** Intermediate

**Learning Objectives**

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

1. List their personal vulnerabilities and blind spots
2. Explain the warning signs of burnout
3. Articulate a personal self-care plan
4. Explain the use of their competence constellation to promote ongoing wellness
5. Explain vicarious traumatization

**Continuing Education Credit**

To earn CE’s, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE’s for attending once they have completed these requirements.

**Target Audience**

- Psychologists
- Therapists
- Social Workers
- Psychiatrists
- Counselors
- Nurses

**Psychologists**

Missy Edwards, Ph.D., CPSP, is the Director of Professional Development for the American Psychological Association. Dr. Edwards has published numerous articles and book chapters in the areas of professional ethics, ethics education, and professional psychology. Dr. Edwards has served as the President of the APA’s Ethics Institute, the chair of the Ethics Review Board, and as an ethics consultant to the American Psychological Foundation. She is the founding editor of the APA Ethics Monitor and has received the American Psychological Association’s Award for Outstanding Contributions in Professional Ethics.

**Psychiatrists**

Robert Barlow, Ph.D., ABPP, is a diplomate in clinical psychology and a board certified psychiatrist with 40 years of experience in scientific writing and practice. Dr. Barlow has published over 350 original research articles, book chapters, and books in the areas of mental health and ethics. He is the recipient of the American Psychological Association’s Award for Outstanding Contributions to Ethics Education and its award for Distinguished Contributions to the Independent Practice of Psychology.

**Nurses**

Nadeem A. Khan, MD, MBA, is a board certified internist and associate professor of medicine at Loyola University Maryland. Dr. Khan has over 20 years of experience as a medical educator and a part-time teacher of ethics. His research is focused on providing education and training to improve clinical decision making in medical education. Dr. Khan is the recipient of the American Psychological Association’s Award for Outstanding Contributions in Professional Ethics.

**Psychologists Therapists**

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**Social Workers**

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