

Beating Back Burnout: The Ethical Paradox of Self-Care

Program Description

The increasingly complex field of counseling has oftentimes placed overwhelming demands on the workforce. It sometimes feels we are forced to choose between the well-being of our clients and our own well-being. The reality is, however, only by practicing self-care can we effectively address the needs of our clients over the course of our careers. Stressors include vicarious trauma, compassion fatigue, productivity expectations, limited resources, and audit-proof documentation, while limited appreciation for our efforts often leaves us exhausted, burned-out, and vulnerable to poor ethical decision making. With this perspective in mind, it becomes readily apparent that to attend to the needs of our clients we must give a high priority to taking care of ourselves. Make a commitment to your well-being by joining us in a lively, thought-provoking, and supportive exploration of the ethics of self-care.

Learning methods include:

- Interaction and discussion
- Didactic presentation
- Video
- Small-group exercises

Program Objectives

Upon completion of this workshop, participants will be able to:

1. Describe the connection between ethics and self-care;
2. Compare and contrast the matter of self-care in various professional codes of ethics ;
3. Explain the reciprocity of the person-in-environment schema;
4. List simple screening tools to assess vulnerability to professional burnout, compassion fatigue, & vicarious trauma;
5. Describe the 12 Self-Care Strategies;
6. Outline a personal plan for professional resiliency;
7. Name strategies for modeling self-care to colleagues and encouraging it among clients;
8. Exhibit positive thoughts and emotions about their work!

Target Audience

This workshop benefits anyone in the field of human services who is committed to ethical practice that relies on finding balance between their personal and professional lives.

Sample Agenda:

Begin Time	End Time	Description
0830	1030	Objective 1-4 (120 minutes)
1030	1045	<i>Break - 15 minutes</i>
1045	1245	Objectives 5-8 (120) minutes

Credit Hours

4.0 hours

Faculty

Michael McGuire, MSW, LCSW, LCAS, LMFT, CCS, operates a private training and consulting business and is employed by the University of North Carolina at Chapel Hill School of Social Work as a Clinical Assistant Professor and the Director of the *Substance Use and Addictions Specialist* program. He is licensed as a Clinical Social Worker (LCSW), Marriage and Family Therapist (LMFT), Clinical Addictions Specialist (LCAS), and is a Certified Clinical Supervisor (CCS). His areas of interest and expertise include: staff and leadership workforce development, adolescent and family development, childhood trauma, substance use treatment, experiential learning, Service Members–Veteran–Families (SMVF), Motivational Interviewing, Feedback Informed Treatment, clinical supervision, clinical model implementation science, and ethics. Michael worked as a clinical director of a comprehensive treatment provider and more recently returned from Germany following a three-year contract working with American military families stationed abroad. He enjoys puns, travel, and personal growth. In that order.