

Practicing Mindful Self-Care for Health Professionals through Zen Practice

Thursday, September 19, 2024



Webinar

via Webex

8:45 a.m. – 9:00 a.m. Check-in
9:00 a.m. – 1:15 p.m. Program

PROGRAM DESCRIPTION:

To Register please visit:
www.scahec.net/learn/peedee/cpd

For questions please call
(843) 777-5343 or
(843) 777-5352.

TARGET AUDIENCE:

Licensed Professional Counselors, Social Workers, Managers, Supervisors, Human Resources personnel, and any Interested Healthcare Providers

FEE: \$20 Consortium Members

\$40 Non-Consortium

Deadline to register: 9/18/2024

INSTRUCTOR

**Jill White-Huffman MS,
MFT, LCMHC, LMBT**

Jill obtained her bachelor's degree in physical education in 1985 from Bennett College, her master's degree in counseling education from North Carolina A&T State University in 2009, and her postgraduate Certification in Marriage and Family Counseling 2010. She also received her Diploma as a Massage & Bodywork therapist from the Therapeutic Massage Training Institute located in Charlotte, North Carolina in 1996. Jill has been self-employed for 30 years.

Description:

My intention for our time together is to increase clear thinking, open mindedness, and inner peace despite being surrounded by the outside world. This program will provide you with helpful tools that increase your knowledge and understanding in the areas of awareness as you learn the skills needed to be able to practice and implement paying attention to present-moment experience itself. As you learn the many different aspects of Self-Care, and the navigation process you will become more knowledgeable about how to care for yourself physically, mentally, and emotionally. This curriculum is: A guide to mindful language, behavior, and other related principles. A manual for self-enrichment, fulfillment, and satisfaction.

Objectives:

Upon completion of this program, the participant should be able to:

- ◆ Discuss variables that pollute our internal atmospheres to include stress, barriers, vulnerabilities, triggers and disrupts mind-body awareness and present-moment experiences.
- ◆ Develop a better understanding of what Mindfulness is and is not.
- ◆ Summarize self-care and how to selfishly care for yourself.
- ◆ Create a toolkit of strategies for developing a mindful self-care plan.
- ◆ Summarize the importance of establishing healthy habits by applying regular meditative breathing exercises and a therapeutic stretch workout routine into daily life to reduce stress.
- ◆ Explore 7 self-care lanes and their directional navigating process through difficult times, and Zen as a lifestyle.

Credit:

Social Workers: Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for **4 non-social work credit hours**.

Counselors and Therapists: This program is approved for **4 hours of continuing education** by Pee Dee AHEC, a division of SC AHEC, under its accreditation by the South Carolina Board of Examiners for Licensed Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists.

This program is approved for 0.4 CEU's (4.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice Standards. Participants must attend 90% of the program in order to receive a certificate of attendance. No partial credit will be given.