



Practicing Mindful Self-Care for Health Care Professionals through Zen Practice



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 course, the participant should be able to:

1. Discuss variables that pollute our internal atmospheres (i.e., stress, barriers, vulnerabilities, triggers and disrupts mind-body awareness and present-moment experiences.
2. Develop a better understanding of what Mindfulness is and is not.
3. Summarize self-care and how to selfishly care for yourself.
4. Create a toolkit of strategies for developing a mindful self-care plan.
5. 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.
6. Explore 7 self-care lanes and their directional navigating process through difficult times, and Zen as a lifestyle.

FEE \$20 Consortium Member \$40 Non-consortium Member

Deadline to register: 9/18/2024

Cancellations and Refund Policy: Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

INSTRUCTOR

Jill White-Huffman LCMHC, MFT

Jill White-Huffman is a Licensed Clinical Mental Health Counselor, Marriage Family Therapist, Life Coach and Licensed Massage & Bodywork Therapist located in Greensboro, North Carolina. She is the owner of two separate private practices. She obtained her master's degree in Counseling Education and certification in Marriage and Family Therapy from North Carolina A&T State University in 2009. She is a seasoned professional entrepreneur and facilitator with over 25 years of leadership, education, consulting, healthcare, business expertise and experience. She bases all her work on health-related issues, the prevention of chronic pain/illness and evidence based approaches to helping people.

**Thursday,
September 19, 2024**

**9:00 am - 1:15 pm
Webinar via WebEx**

CREDIT

AHEC:

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 and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

Counselors and Therapists:

This program is approved for 4.0 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

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 4.0 hours of non-social work credit hours.



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