

Counselor Use of Self: Awareness, Ethics, and Grounded Practice

DATE:

Wednesday, March 11, 2026

TIME:

9:00am - 11:00am

LOCATION:

Webinar via Webex

FEES:

Consortium Member: \$20

Non-consortium Member: \$40

Registration Deadline:

Thursday, March 10, 2026

TARGET AUDIENCE

Counselors, Therapists, and Social Workers

CANCELLATION & 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.

DESCRIPTION

This training examines the critical concept of **counselor use of self**—the intentional and unintentional ways a professional's personal experiences, values, and emotional responses shape the therapeutic process. Participants will explore how unresolved personal "baggage" can surface in clinical work, how to identify and navigate transference and countertransference dynamics, and the ethical responsibilities tied to professional self-awareness. The session will highlight strategies for maintaining boundaries, practicing reflective self-care, and staying grounded while working with clients experiencing complex challenges. Through interactive discussion and applied learning, counselors will deepen their insight into the balance between authenticity and professionalism, ensuring they use themselves as instruments of healing without compromising client safety or therapeutic effectiveness.

OBJECTIVES

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

1. Recognize how personal experiences, beliefs, and emotional "baggage" may influence their professional interactions and clinical decision-making.
2. Identify and analyze the dynamics of transference and countertransference, along with the potential ethical implications these processes carry in clinical practice.
3. Apply strategies for grounding, boundary-setting, and reflective self awareness to ensure professional integrity and maintain effectiveness in client care.

INSTRUCTOR**Stephanie Glickman, LCSW, CCTP,**

Stephanie is the founder of The Enrichment Collaborative in Charlotte, NC and Vice President of Clinical Services at the Family Centered Treatment Foundation. With over 20 years of experience in mental and behavioral health, she is recognized as a thought leader in trauma-informed care, leadership development, and clinical interventions. A sought-after national trainer and speaker, Stephanie has also served as an adjunct professor, field instructor, and clinical supervisor, mentoring the next generation of social workers. She holds a Bachelor's in Psychology from Northeastern University and a Master of Social Work from Simmons University.

CREDIT

AHEC: This program is approved for 0.2 CEU's (2.0 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 2.0 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 2.0 social work credit hours.



Pee Dee AHEC

For more information or to register, scan the QR Code.

For questions, contact Kimberly Morris
at 843-777-5352 or
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