This seminar will focus on the importance of self-care for therapists and identify practical strategies to address barriers to self-care. This will include discussion on compassion satisfaction, compassion fatigue and burnout. The program will also explore nutrition, mindfulness, exercise and the role of therapeutic touch. Also included will be dialog on the clinical application of these techniques.

At the conclusion, attendees should be able to:

- Identify barriers to maintaining self-care and understand strategies to address these barriers
- Develop approaches to minimize the risk of burnout and compassion fatigue as well as to improve compassion satisfaction
- Identify the role of gut-brain access and the practical application for mental health
- Understand the value of exercise as a clinical tool

Featuring:

Melissa Linn-Canas, MA, LCPC, is a licensed clinical professional counselor and the director of HOPE Counseling and Wellness Center in Hagerstown. She and her team incorporate yoga, massage, spiritual care, personal training and holistic nursing in their treatment approach. Melissa serves as a clinical consultant for Potomac Community Services and is an adjunct faculty member for Grand Canyon University. She has been helping individuals and families for over 17 years. Melissa is licensed in Maryland, Pennsylvania and Virginia and is an approved counselor supervisor in Maryland.

This program is funded in part by the William B. and Sylvia A. Hunsberger Fund
Seminar Registration Form

Seminar: Navigating the Balance of Self-Care for Clinicians

Date: Friday, November 17, 2023
Location: Beaver Creek Country Club, 9535 Mapleville Rd, Hagerstown, MD 21740
Time: Check-in: 8:00 am - 8:30 am  ■ Training: 8:30 am - 11:45 am (3 CEUs)
Fee: $85.00 per person

Please Print Clearly

First Name:___________________________________  Last Name:___________________________________

Email (*required for registration):______________________________________________________________

Address:_________________________________________________________________________________

City:_____________________________________ State:____________ Zip:___________________________

Contact Phone #:__________________________________________________________________________

Discipline: [ ] Social Worker      [ ] Counselor      [ ] Psychologist      [ ] __________________________

Payment Information:

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Two Ways to Register:

1.) Visit www.brooklane.org and search for the seminar under Upcoming Events

OR

2.) Complete this form and mail with payment to:
   Attn: Curt Miller
   Brook Lane
   13121 Brook Lane
   Hagerstown, MD 21742

Cancellation Policy:
To receive a refund, cancellations must be received in writing no later than one week prior to the seminar (5:00 pm on Thursday, November 9, 2023.) No refunds will be made after that date or for no-shows on the day of the seminar. A $10.00 processing fee applies to all cancellations.

Questions?
Contact Curt Miller, Community Relations & Education Manager at:
curt.miller@brooklane.org or 301-733-0331 x1228.