



# Continuing Education Seminar

## Navigating the Balance of Self-Care for Clinicians

Friday, November 17, 2023 ■ 8:30 am – 11:45 am (3-hours)

Check-in & Continental Breakfast: 8:00-8:30 am

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*

### Beaver Creek Country Club

9535 Mapleville Rd  
Hagerstown, MD 21740

### Continuing Education Credits

**Maryland Social Workers:** Brook Lane is authorized by the Board of Social Work in Maryland to sponsor social work continuing education learning activities and maintains full responsibility for this Program. This training qualifies for Category 1 continuing education units and provides 3.0 credit hours; partial credit will not be awarded.

**Maryland Psychologists:** The Maryland State Board of Examiners for Psychologists will accept continuing education hours provided by Brook Lane, an approved CE sponsor by the State Board of Social Worker Examiners in Maryland; partial credit will not be awarded.

**Counselors/Therapists:** Brook Lane has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not qualify for NBCC credit are clearly identified. Brook Lane is solely responsible for all aspects of the program. This program will provide 3 clock hours; partial credit will not be awarded.



### Registration Information

**Seminar Fee: \$85.00**  
(includes breakfast and 3CEUs)

**To Register:** See reverse side

**Questions:** [curt.miller@brooklane.org](mailto:curt.miller@brooklane.org)  
301-733-0331 x1228



**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:

Payment Method: [ ] Credit Card [ ] Check #: \_\_\_\_\_ (Checks should be made payable to Brook Lane)

Cardholder Name: \_\_\_\_\_

Cardholder Address (if different than above): \_\_\_\_\_

Account No: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_ CVV Code: \_\_\_\_\_

### 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.