



Featured Speaker
Jill White-Huffman

Mindful Self-Care

Thursday, March 28, 2019

9 a.m. – 4:30 p.m.

Location:

Southern Regional AHEC
1601 Owen Drive
Classroom E (3rd Floor)
Fayetteville, NC 28304

Target Audience

This workshop has been planned to empower mental health professionals, school counselors, marriage and family counselors, substance use professionals, social workers, psychologists, and any other professionals interested in authentically shifting from personal burnout, chronic stress and pain to optimum health, internal healing and overall well-being.

Program Description

This workshop will discuss how highly agitated minds spend way too much time thinking and listening to our inner critics. They become overwhelmed and upset over the smallest of things. If we practice self-care mindfulness practices daily, we benefit most by gaining control over our thoughts, emotions and feelings and are not likely to allow stressful and/or difficult situations to spiral out of control. The # 1 key towards keeping our minds functioning at its best requires that we train them daily using healthy home self-care mindful practices, just like we develop a plan to train our bodies!

Objectives

Upon completion of this workshop, participants will be able to:

- Discuss to develop an understanding of mindful self-care
- Learn how to rewire the brain from “Chaotic to Calm” with an empowering experience that helps to align lives more fully with purpose
- Review how to target, re-frame, and shift unhelpful past and future thoughts that prevent present moment experiences
- Review how to improve self-awareness by addressing mindful self-care deficits, vulnerabilities, triggers, barriers, personal and professional challenges
- Identify and prioritize individualized mindful self-care needs
- Summarize the “10 step change the course in your life” model
- Demonstrate how to practice mindful self-care exercises and develop a mindful self-care plan

Agenda

8:30 a.m.	Registration /Check In
9 a.m.	Understanding mindful self-care & rewiring the brain from “Chaotic to Calm”
10:30 a.m.	Break
10:45 a.m.	Targeting, re-framing, and shifting unhelpful past and future thoughts that prevent present moment experiences
12 p.m.	Lunch (On Your Own)
1 p.m.	Improving self-awareness through mindful self-care deficits, vulnerabilities, triggers, barriers, personal and professional challenges
2:30 p.m.	Break
2:30 p.m.	Practicing mindful self-care exercises and develop a mindful self-care plan
4:30 p.m.	Adjourn

Speaker

Jill White-Huffman obtained her Bachelor’s Degree in Physical Education in 1985 from Bennett College and Master’s Degree in Counseling Education from North Carolina A&T State University in 2009 and post-graduate Certification in Marriage & 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 28 years. In 1989, she started out her career as a Certified Personal Trainer in Greensboro, North Carolina. As trainer, she was able to help individuals develop exercise programs to meet their needs. In 1996, Jill added massage therapy to her personal training practice specializing in Thai Massage, Myofascial Massage, Deep Tissue Massage, Thai Foot Massage and Reflexology.

In 2012, Jill added counseling to her massage therapy practice. She does not mix the two practices but rather treats them as two separate practices. Jill enjoys working collaboratively and respectfully with individuals, couples and families to help them foster change and recovery while using evidence-based interventions as they gain a better understanding of the influence that past experiences and relationships have had on them.

Fee

\$119.00 if registration and payment are postmarked on or before March 21, 2019; \$129.00 thereafter.

Credit

C.E.U.: 0.6

Contact Hours: 6.0

NAADAC: SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #108762 (Substance Abuse Credit).

NBCC: Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.



NC Psychologists Category A: The program will provide 6.0 contact hours (category A) continuing education credit to NC Psychologists.

Southern Regional AHEC is solely responsible for all aspects of the program.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit. Credit will be awarded to participants who attend 100% of the program.

Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel two (2) business days (Monday-Friday), before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel two business days (Monday-Friday) before the program and obtain a refund for 70% of the registration fee.

Cancellations less than two business days (Monday-Friday) before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Please bring a jacket or other additional covering since we will not be able to adjust the thermostat.

Contacts

Bertina Parkins, Director Mental Health CE / 910-678-0132 / Bertina.Parkins@sr-ahec.org

Kate Smith, Program Assistant for Mental Health CE / 910-678-7305 / Kate.Smith@sr-ahec.org

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Twitter: @SRAHEC_MH



A MyAHEC account is required to complete registration. If you do not have a MyAHEC account, please go to our website at: <https://www.southernregionalahec.org/create-account> to create an account. Please use your personal email address when you create your MyAHEC account as work email accounts can change.

The handouts for the program will be provided online. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <https://www.southernregionalahec.org/about-us/general-reference/>

CASCE #58411 / MH190328

Registration Form

Mindful Self-Care - March 28, 2019

Registration Fee: \$119.00 if registration and payment are postmarked on or before March 21, 2019; \$129.00 thereafter.

Updated Contact Information

Name: _____ Credentials: _____

Personal Email: _____ Secondary Email: _____

Phone: _____ Employer: _____

Check Enclosed (Make check payable to SR-AHEC)

We accept the following credit cards: Visa, Mastercard, Discover, American Express

Card Number: _____

Expiration date: _____

Name on card: _____

Signature: _____

Dietary Preferences:

Vegetarian Vegan Gluten-Free Special Need/Allergies _____

Send completed registration form to:

SR-AHEC, Attention: Registrar, 1601 Owen Drive, Fayetteville, NC 28304 or e-mail to registrar@sr-ahec.org

Office Use Only: Check # _____ Date _____ From _____ Amount \$ _____

www.sr-ahec.org
1601 Owen Drive • Fayetteville, NC 28304
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