



Mindful Self-Care

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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.

Description

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 engage in 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 their best requires that we train them daily using healthy home self-care mindful practices, just like we develop a plan to train our bodies!

Faculty

Jill White-Huffman, MS, MFT, LPC, NCC



™ Charlotte AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5096. Programs that do not qualify for NBCC credit are clearly identified. Charlotte AHEC is solely responsible for all aspects of the program.

Objectives

- 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 moments 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

Contact

[Jorge Rudko BTech, CI](#)

Sessions

Jun 15, 2020
8:30 AM - 12:45 PM
[Open Mindful Self-Care](#)

Details

Closed	Status
Jun 15, 2020	Date(s)
8:30 AM - 12:45 PM	Time
Charlotte AHEC	Location
Live Webinar	Room

Fees

\$85.00 Registration Fee

Credits

0.40

CEU

4

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0

0

Contact Hours

4

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0

0

NBCC Hours

Contact Hours (category A) CE for NC Psychologists