



Practicing **Mindful**
Self-Care for Health
Professionals through
Zen Practice

Friday, May 14, 2021
10 a.m. – 12:45 p.m.

Location:
Livestream Webinar

Target Audience

This event has been planned for clinicians, therapists and counselors, nurses, psychologists, social workers, marriage and family therapists, psychiatric nurses, substance use counselors, vocational rehabilitation counselors, and all others interested in understanding how to experience zen as a lifestyle with a path towards mindful self-care.

Program Description

There are many nuisances that can disrupt the delicate balances of our psyche. While we exercise to prepare our bodies for physical stressors, our spiritual, emotional and psychological wellbeing may go unattended. Not only do we have to maintain our physical health, we must also preserve our mental health as well. A stable internal atmosphere permeates even the most chaotic external environments.

This course is designed to teach you how to ascend into your most refined self (through Zen) and maintain that ascension (through Mindful Self-Care). Zen is the construct; Mindful Self-Care is the maintenance.

It is without saying, you must take care of you before you can take care of others

Objectives

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

- Discuss variables that pollute our internal atmospheres (i.e., stress, burnout, barriers, vulnerability, triggers);
- Review the concept of self; and
- Apply meditative exercise.

Fee

\$25.00

Agenda

9:45 a.m.	Login
10 a.m.	Discuss variables that pollute our internal atmospheres (i.e., stress, burnout, barriers, vulnerability, triggers)
10:45 a.m.	Review the concept of self
11:15 a.m.	Break (Opportunity to change into comfortable clothes and get water)
11:30 a.m.	Apply meditative exercise
12:45 p.m.	Adjourn

Speaker

Jill White-Huffman, MS, MFT, LPC, NCC obtained her Bachelor's Degree in Physical Education in 1985 from Bennett College, her 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.

Jill developed Mindful Self-Care to help health care professionals, caregivers, and/or those who may gain insight in developing ways that may be beneficial in the areas of caring for themselves. That may include: feeling calmer, grounded and balanced, increased energy levels, as well as, improving greater stamina and flexibility while holding stretches for longer than normal periods. Jill believes that we may be more productive when caring for others when we implement a consistent practice of mindfulness and self-care.

Jill White-Huffman combines her Mindful Self-Care curriculum with the teachings of Zen to bring you: Experience Zen as a Lifestyle; a Path towards Mindful Self-Care.

Any application of techniques taught/practiced, ideas and suggestions are at the participant's sole discretion and risk. The guidance and instruction provided do not replace that of a medical professional.

Credit

C.E.U.: 0.25

Contact Hours: 2.5

NASW-NC: NC AHEC is a 2021 NASW-NC approved provider of distance continuing education. This program has been approved for 2.50 contact hours.



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 2.50 contact hours (category A) continuing education credit to NC Psychologists.

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

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

- Cancellations must be in writing (fax, email, or mail)
- Registrants cancelling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

Attendance at this activity grants permission for Southern Regional AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Contacts

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Our Mental Health Blog: <https://www.southernregionalahec.org/category/blog/mental-health/>



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/>

Registration Form

CASCE # 65713 / MH210514

Practicing Mindful Self-Care for Health Professionals through Zen Practice May 14, 2021

Fee: \$25.00

Register Online: <https://www.southernregionalahec.org/courses-and-events/65713>

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: _____

Send completed registration form to:

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

Upcoming Program

Understanding and Supporting Individuals with Autism and Intellectual Disabilities - Live Webinar - May 27, 2021

<https://www.southernregionalahec.org/courses-and-events/65732>

Advanced Issues in Suicide Intervention - Live Webinar - June 8, 2021

<https://www.southernregionalahec.org/courses-and-events/65462>

HIV, HCV and IVDU: The Changing Faces of Co-Morbid Epidemics - Live Webinar - June 11, 2021

<https://www.southernregionalahec.org/courses-and-events/65734>

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