



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

## Program Description

This program will provide a clear approach to creating a healthy, mindful routine to avoid the effects of stress and burnout. The aim of this course is to apply mindful self-care through Zen practice. This workshop will provide an understanding of self-care, the seven self-care lanes and their directional navigation process, and Zen as a lifestyle. This class will identify healthy habits such as regular meditative breathing exercises and a therapeutic stretch workout routine to help reduce stress.

## Target Audience

This program has been planned for Alliance Healthcare staff and providers of mental health, I/DD, and substance use services.

## Credits

No partial credit will be given. You must attend all of the session.

**CEUs:** 0.4 **Contact Hours:** 4.0 credit will be awarded to participants who attend 100% of the program.

**NASW-NC:** NC AHEC is a 2023 NASW-NC approved provider of distance continuing education. This program has been approved for up to 4.0 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. Southern Regional AHEC is solely responsible for all aspects of the programs.



**NC Psychologists Category A:** This program will provide up to 4.0 contact hours (category A) continuing education credit to NC Psychologists.

**NCSSAPB:** 4.00 hours of Substance Abuse General Skill Building credit. Pending approval number.

**Nursing Contact Hours:** 4 Nursing Contact Hours will be awarded to participants who attend 90% of this educational activity.

*Southern Regional AHEC is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approved by the American Nurses Credentialing Center's Commission on Accreditation.*

## Presenter

**Jill White-Huffman, LCMHC, MFT, LMBT**, a licensed clinical mental health counselor and marriage family therapist. As a therapist, she enjoys working with motivated individuals and couples by assisting them to create positive change, so that they are better able to cope with difficult challenges and live a more productive and balanced life. She desires to guide individuals into healthier well-being by teaching them the importance of caring for themselves. She is well-known and recognized throughout the Triad community for her monthly appearances as a special guest on the local television channel WFMY 2, as well as her achievements as a lecturer and clinician.

## Objectives

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

- Develop an understanding of what mindfulness is, its history, core mindfulness skills, and how to practice them.
- Define the primary mindfulness and self-care interventions.
- Describe personal and professional needs to enhance work/life balance and prevent burnout.

## Fees

This training is sponsored by Alliance Health, and registration is restricted to their staff and providers.



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## November 16, 2023

Interactive Online Training – 9:00 am to 1:15 pm

Access instructions will be provided via email to registrants – pre-registration required.

Registration restricted to Alliance Health staff and providers.

Please register online (link below) for best results!

**Register Online:** <https://www.southernregionalahec.org/courses-and-events/71860/alliance-practicing-mindful-self-care-for-health-care-professionals-through-zen-practice>

*Note – online registrations get added first. Please consider clicking on the link to register.*

If you are not registering online, send this form to [registrar@sr-ahec.org](mailto:registrar@sr-ahec.org) and please mark credit(s) needed:

CEU  Contact Hours  NCSSAPB (substance abuse)  NBCC  Cat. A Psychology  Nursing Contact Hours

Dr.  Mr.  Mrs.  Ms.

**Name:**

**Degree:**

Home Address:

City, State, Zip:

Home County:

Hm. phone:

**Employer:**

Work Address:

City, State, Zip:

Work County:

Work Phone:

**Job Title:**

Your Specialty Areas:

*(i.e., substance use, developmental disability, etc.)*

**Preferred Email address:**

### Important Information

#### Substitutes/Refunds/Transfers

If you register for a program and cannot attend, you may send a substitute or cancel 48 hours in advance.

#### American With Disabilities Act

If you need any of the auxiliary aids or services identified in the Americans with Disabilities Act of 1990 in order to attend any of these programs, please call (910) 678-7209.

#### Questions And Suggestions

Please contact Melanie Wheeler at [melanie.wheeler@sr-ahec.org](mailto:melanie.wheeler@sr-ahec.org) or (910) 678-7209 or Kerr Siegmund at [ksiegmund@AllianceHealthPlan.org](mailto:ksiegmund@AllianceHealthPlan.org)

#### Our Promise to You

Southern Regional AHEC strives to offer the highest quality educational programming. If, for any reason, any of these programs do not meet your needs, please let us know. We value your feedback and will resolve the issue to your satisfaction.

### Agenda

9:00 am	Develop effective ways to manage variables; develop an understanding of mindfulness; describe how self-care can make a difference.
10:30 am	Break
10:45 am	Learn mindful self-care practices; develop
	Strategies to create a mindful self-care Wellness and healthy lifestyle plan
11:45 am	Complete breathing practices and Stretch exercises.
1:15 pm	Adjourn