



Washington State Society for Clinical Social Work

2009 SHORT COURSE

Self Care for Clinicians: Nurturing Ourselves through mindfulness

Instructor: Carolyn Sharp, LICSW
Course Fee: WSSCSW Members \$200
New Professionals \$175
Students \$150
Non-members \$225

Continuing Education Credits: 8 hours CE

Course Size: 10

Requirements: Open to all clinician levels

Dates

Saturday, April 18th
Saturday, May 2nd

TIME

9am to 1:30pm

LOCATION

3876 Bridge Way North
Suite 200
Seattle, WA 98103

TO REGISTER:

206-291 8377
carolynsharplicsw@comcast.net

Mail Form & Check To:

Carolyn Sharp, LICSW
3876 Bridge Way N.,
Suite 200
Seattle, WA 98103

8 CEU's for participation

Providing therapy in both private practice and agency settings can be isolating, and it is often difficult to recognize and accept our own needs as we provide care to others. Self care is a critical component to the development of solid and lasting clinical skills, and the ability to serve our clients and maintain healthy balance in our work.

In this Short Course, Carolyn will provide material to raise the clinicians' awareness and acceptance of the challenges faced in serving others, including issues such as problematic counter transference and vicarious traumatization. She will then share techniques for healing the common issues facing clinicians, offering a variety of live opportunities for practitioners to develop and practice their own tools for maintaining self care. Participants will present case examples, and discuss challenges for the practitioner, as Carolyn facilitates group discussion and peer consultation. At the end of this short course, clinicians will have a more in depth understanding and acceptance for the challenges for self care for therapists, as well as the tools and peer support for addressing them.

Instructor

Carolyn Sharp is a therapist in private practice specializing in psychodynamic and mindfulness based psychotherapy to children, adolescents and adults. Prior to her private practice, Carolyn worked at the YMCA of Seattle, first as a Child & Family Therapist in the Treatment Foster Care program, and then as the Clinical Director, supervising the therapists in the foster care, group care, shelter care, independent living and outpatient therapy programs. Additionally Carolyn was a faculty member at the Washington School of Professional Psychology from 2000 to 2007. Additionally, Carolyn provides supervision to new professionals seeking licensure, and to seasoned professionals seeking support and consultation. Carolyn has taught trainings on self care to individuals, groups and agencies at the local and state level.

Please return with your payment:

Name: _____ Degree: _____

Address: _____ Zip _____

Phone: _____ Email: _____

Current type of clinical work: _____

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