

# Self Care: Stress-Busting Strategies to Raise Resilience & Banish Burnout



**Dr. Heather Clark, PharmD**, is an intuitive coach, healer, speaker and author. She focuses on guiding individuals to understand and heal their connection with their internal selves to create support, freedom, and feel fully alive. Dr. Clark was a National Merit Scholar, earned her doctorate in pharmacy in 1997, completed her post-doctoral residency at the Kansas City Veterans Administration Medical Center in 1998, and has practiced in a variety of settings including community, long term care, consulting, and hospital clinical pharmacy. After her own recovery from severe burnout, she has helped many others recover quickly, safely, and permanently using her Burnout Cure program. Dr. Clark awakened to her purpose when she realized that the root cause of burnout isn't 'just' stress--it is the stress of being someone you aren't.

**WHAT:** 1.5 hour workshop **WHEN:** Tues., October 24, 2017; 6:30 – 8:00 p.m.

**WHERE:** Old Mission United Methodist Church (Hanson Hall), 5519 State Park Rd., Fairway, KS 66205

**WHO SHOULD ATTEND:** This workshop is designed for case managers, social workers, psychologists, therapists, professional counselors, masters prepared psychologists, marriage and family therapists, addiction counselors, nurses and health care workers. Community is welcome to attend.

**OVERVIEW:** Eliminate stress AND still show up to work? Yes! Learn how to identify and stop the downward spiral of stress that can erode resilience and lead to burnout. Bring balance back into your life with profound self care strategies. You'll learn--and practice--specific in depth profound self care exercises. Praised for her easily understood and accessible style, Dr. Clark will provide you with practical, actionable knowledge and tools that you can use in your life and practice right away.

**OBJECTIVES:** After attending this workshop the participant will be able to:

- Identify burnout and the risk factors for burnout
- Discover the power of perception and its relationship to stress, burnout, and resilience
- Learn (and experience) specific stress reducing profound self care strategies

**CONTINUING EDUCATION:** Mental Health America of the Heartland is a pre-approved provider for social workers through the Kansas Behavioral Sciences Regulatory Board (BSRB) Provider Number 17-007. This continuing education provider is approved 1.5 hours for social workers and accepted for psychologists, professional counselors, masters prepared psychologists, marriage and family therapists and addiction counselors. For licensed professionals, bring license # to the workshop to receive your Certificate of Attendance.

**REGISTRATION: Workshop is \$10.00. 1.5 CEU's (Certificate of Attendance)**

Please complete form below & return with payment by October 20, 2017. The "Self-Care: Stress-Busting Strategies to Raise Resilience & Banish Burnout" Workshop is October 24, 2017. If you have any questions and/or need translation or other accommodation, contact Stacy Davis at least 5 days prior to the workshop at 913-281-2221, ext. 112 or [sdavis@mhah.org](mailto:sdavis@mhah.org). Fee is \$10.00. Checks payable to MHAH. Accept VISA.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

TO PAY BY VISA: Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ 3 Digit Code \_\_\_\_\_

