

Mindfulness

Restorative Practices for Pandemic Fatigue for Clinicians and Clients

Zoom Webinar

Presented by: Alyce E. Wellons, LCSW

Summary

Over the past year, mental health practitioners have been on the front lines to support our clients and communities through a global pandemic. Clinicians' own mental and emotional resources have been called into service like never before as we simultaneously had the same powerful experiences as clients. This experiential CE event will define mindfulness and why these practices, including mindful movement, breath, and self inquiry, are powerful tools to offer grounding and restoration to clinicians as well as clients. This event will be experiential in nature, i.e., participants can be in a chair, a mat, cushion, or couch while practicing techniques to nourish self and experience the restorative effects of mindfulness. Participants will leave this workshop feeling restored and with 3 mindfulness practices to use for self care that are also effective self care tools to teach clients.

Objectives

1. Define mindfulness practices including movement, self inquiry, and breath
2. Discuss ways these practices increase the quality of presence in the therapist from neurobiological, theoretical, experiential, and mental health perspectives
3. Demonstrate usefulness of these techniques in addressing stress, anxiety, and depression with clients



**CHOOSE FROM
2 DATES + TIMES!**

**May 12th
7:30am-9:00am EST**

**May 19th
7:30pm-9:00pm EST**



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REGISTER

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