

# Oregon Psychological Association Webinar Series

**Self-Care for Psychologists/Behavioral Health Providers: Practical strategies for re-energizing, re-connecting to compassion, and refining your practice so you can sustain it.**



Register online at  
[www.opa.org](http://www.opa.org)

**4 HOURS OF CEU**

Wednesday  
**NOVEMBER**

**10**

12:30-4:30 pm

## Course Description

As we enter into our second COVID fall, new case numbers are higher than ever and maintaining resiliency and putting effort into self-care is challenging. Headlines are full of warnings that the next pandemic involves the burn-out of therapists and health care providers. Demand is up and our practices are incredibly busy. The Stress in America survey shows stress on an incline and we are not immune. So how do we sustain our own health when our plates are overflowing with the needs of others? This four-hour workshop will define self-care and the reasons why it has become an essential ethical practice. We will review the key factors involved in burn out and practical strategies for reducing your risk. We will discuss models for enhanced functioning in your personal and professional life. There will be practice moments so that you can learn skills and experience how they can help you throughout your professional day. Discussion of the role of compassion in burn out and in building resiliency will be provided and a step-by-step practice to enhancing self-compassion will be outlined. Please join me in taking some time to tend to yourself in community.

## Course Objectives

1. Describe the relationship between self-care and ethical practice
2. Identify risks for burn out and impaired practice
3. Develop a strategy for assessing your self-care needs and the barriers to implementation
4. Understand the relationship between compassion, self-care, burnout, and resilient functioning
5. Map out your personal road to resiliency to create and maintain a sustainable practice.

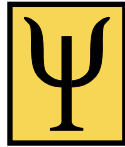
## Speaker

### Maura Sullivan, Psy.D



Maura Sullivan, Psy.D is a licensed psychologist in Oregon and New Hampshire. She completed her undergraduate degree at Colgate University in psychology and women's studies and her doctoral degree in clinical psychology at Pacific University. In her nearly two decades as a licensed psychologist she has provided individual psychotherapy and assessment to adolescent and adult clients in integrated care, community care, and private practice settings. Dr. Sullivan conducted her doctoral dissertation on the themes that emerge when psychologists treat psychologist clients and has provided psychotherapy to other mental health clinicians, psychologists, psychiatrists, and health professionals throughout her career. She is a member of the Oregon Psychological Association Confidential Peer Support Committee. Dr. Sullivan is dedicated to enhancing the lives of others including those of her colleagues and healing professionals by providing education around the essential need for self-care to sustain optimal and ethical practice. She runs a monthly group focused on self-care for psychologists and behavioral-health providers that integrates tools from yoga and mindfulness with connected conversation.

**OPA has a new registration option. If you are unable to attend the live webinar on November 10, you can register to receive a link to the recording of the webinar which will be emailed to you approximately one week after the webinar concludes.**



# Oregon Psychological Association Webinar Series

**Self-Care for Psychologists/Behavioral Health Providers: Practical strategies for re-energizing, re-connecting to compassion, and refining your practice so you can sustain it**

**Wednesday, November 10 | 12:30 -4:30 pm**

**4 HOURS OF CEU**

## Workshop Classifications and Continuing Education Credits

Each workshop is classified according to the following system:

- Level 1: general or introductory content aimed at a diverse audience.
- Level 2: psychologically sophisticated content, at either introductory or more advanced levels, aimed at general professional audiences.
- Level 3: highly advanced theoretical or technical content, aimed at expert audiences.

Level 2 and 3 presentations will typically warrant CE credit for a licensed psychologist. Both level and number of hours for each workshop are

indicated and official letters of completion will be awarded to participants who attend the entire workshop. APA guidelines specify that no letter of attendance will be awarded for partial workshop attendance.

Level 2 and 3 offerings are typically accepted by the Oregon Board of Psychologist Examiners. However, Oregon licensed psychologists should consult the official Continuing Education Guidelines produced by the Oregon Board of Psychologist Examiners and note that there is no pre-certification of continuing education credit by the Board of Psychologist Examiners.

Questions? Call OPA at 503.253.9155 or 800.541.9798 or email [info@opa.org](mailto:info@opa.org)

**To register to attend this event, please complete the following info and return it to the OPA office or register online at [opa.com](http://opa.com)**

Full Name: \_\_\_\_\_ Position Title: \_\_\_\_\_

Company: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Business Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**\*If you are unable to attend the live webinar on November 10, and would like to receive a link to the recording, check the box on the registration form for member or non-member, and then also check the box to receive recorded link. Be sure to include the best email to receive this link on your registration form.**

**FEES (per person)**    OPA Member: \$75    Non-Members: \$100    \*Check box to receive recorded link.

**PAYMENT:**

Check, payable to OPA    Visa    MasterCard    American Express    Discover

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Amount Authorized: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

Card Billing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email receipt to: \_\_\_\_\_ CVV: \_\_\_\_\_

Registrant agrees to grant OPA and Update Management the right to photograph or video Registrant during participation in the event. Registrant understands that any photographs or recordings may be used by OPA and Update Management for marketing and promotional purposes, at their sole judgment and discretion, without compensation or credit to Registrant.

**OPA – 147 SE 102nd Avenue – Portland, OR 97216 | Fax 503.253.9172**  
*Due to credit card security policies we cannot accept registrations with credit card payment via email.*  
Questions? Call OPA at 503.253.9155 or 800.541.9798 or email us at [info@opa.com](mailto:info@opa.com)