

Bo's Place presents:

# Ethical Considerations of Self Care: A Call to Action

*By Sandra A. López, LCSW, ACSW, DCSW*



## when:

Friday, September 22, 2017

9 am – Noon

Check-in and pastries at 8:30 am

## location:

Bo's Place

10050 Buffalo Speedway

Houston, TX 77054

## cost:

\$45 with 3 CEUs

\$30 without CEUs

\$5 Student Rate without CEUs

## to register:

[tinyurl.com/BosPlaceCalltoAction](http://tinyurl.com/BosPlaceCalltoAction)

Pre-registration required

(space is limited)

## questions:

Email: [valencia@bosplace.org](mailto:valencia@bosplace.org)

Phone: 713-942-8339



## about the speaker:

Sandra A. López is a Licensed Clinical Social Worker with over 37 years of clinical social work practice experience. She is a retired Clinical Professor from the University of Houston Graduate College of Social Work. She maintains a clinical and consulting practice with established clinical expertise in traumatic loss and grief therapy. She is a recognized national leader and advocate in promoting the practice of professional self-care for the social work profession.

## synopsis:

Over the last decade there has been growing attention to the topic of self-care within all of the helping professions and in the literature. Although helping can be rewarding, there is recognition that the role of professional helper can often be challenging due to the content of clients' stories which may be traumatic. This highly interactive workshop will first, provide an in-depth examination of the latest research related to the impact of helping across a range of settings; second, identify the relationship and intersection between the practice of self-care and ethical practice; and third, engage participants in a meaningful exploration of self-care plans and effective self-care strategies to promote individual and organizational self-care.

## workshop objectives:

- Identify ethical principles related to the essential practice of self-care.
- Examine the range of research studies exploring the incidence of compassion fatigue, burnout, secondary trauma, and vicarious trauma among helping professionals across diverse practice settings.
- Explore the ethical issues related to the practice of self-care.
- Identify specific ways of promoting self-care individually and organizationally.

**Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.**



where hearts are healed.