

Bo's Place presents:

# Ethical Considerations of Self Care: A Call to Action



By Sandra A. López, LCSW, ACSW, DCSW

## when:

Friday, October 20, 2017  
9 am – Noon  
Check-in and pastries at 8:30 am

## location:

Fort Bend Chamber of Commerce  
445 Commerce Green Blvd.  
Sugar Land, TX 77478  
  
Street parking available

## cost:

No charge  
3 CEUs included

## to register:

[tinyurl.com/SandraLopezFtBend](http://tinyurl.com/SandraLopezFtBend)  
  
Pre-registration required  
(space is limited)

## questions:

Email: [valencia@bosplace.org](mailto:valencia@bosplace.org)  
Phone: 713-942-8339

## special thanks:



## 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:

Notably Hurricane Harvey has impacted our community significantly and created overwhelming stress for first responders, mental health and social service providers personally and professionally. Because of the effects of this natural disaster, it is critically important to understand how we are impacted as providers and to develop a solid self-care plan for our continued work in the recovery phase. 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.
- 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.