

Presented by Dr. Erica H. Wise, R.Psych.

Friday, September 20, 2019

9:00AM – 4:30PM @ Italian Cultural Centre
3075 Slocan Street, Vancouver, BC V5M 3E4, Canada

Continuing Education Credits: 6

Sponsored by: Chuck Jung Associates (chuckjung.com)

For psychologists, there is a strong link between self-care and professional competence in our complex multicultural society. In this interactive workshop participants will complete a comprehensive self-assessment and discuss personal assets and challenges related to self-care. Participants will explore effective self-care and communitarian care strategies that focus on our intellectual, emotional, physical and spiritual selves in the context of positive psychology research findings. We will analyze practice vignettes that incorporate ethical, multicultural and self-care considerations. In addition, we will discuss the role of communitarian care and supportive colleague relationships in promoting professional resiliency. Participants will be encouraged to identify and commit to specific self-care and communitarian care activities and strategies.

Learning Objectives

1. Explain how maintaining personal well-being is an ethical responsibility that is directly related to competence in a complex multicultural society.
2. Explain how care for one's colleagues is essential to promoting professional resilience.
3. Identify at least two vulnerabilities to occupational stress common to psychologists and two that are unique to you as an individual psychologist based on a self-assessment exercise.
4. Identify common warning signs of occupational stress for professional psychologists in general and describe two which are most relevant to your professional practice.
5. Develop a plan for implementing at least one self-care strategy and one communitarian strategy.

About the Presenter

Erica H. Wise, Ph.D. is Clinical Professor and Director of the Psychology Training Clinic for the Department of Psychology at UNC Chapel Hill. She teaches doctoral level courses that focus on clinical theory and practice, ethics and diversity, and clinical supervision. She is a former chair of the APA Ethics Committee and the North Carolina Psychology Board, a current member of the APA Board Educational Affairs (BEA), past-president of NCPA and co-chair of the NCPA Ethics Committee. She was the recipient of the 2013 Annual APA Ethics Committee Award for Outstanding Contributions to Ethics Education and received a 2014 APA Presidential Citation for her work in social justice advocacy and self-care for psychologists. She is a Fellow of the Society of Clinical Psychology (Division 12) of APA. Her professional interests include professional education and training, continuing education for psychologists, and the integration of ethics, diversity, and self-care into academic and professional practice settings

Disclaimer: The CPA's approval of an individual, group, or organization as a CE Sponsor or Provider is restricted to the activities described in the approved application or annual report form. The CPA's approval does not extend to any other CE activity the Sponsor or Provider might offer. In granting its approval, the CPA assumes no legal or financial obligations to Sponsors, Providers, or to those individuals who might participate in a Sponsor or Provider's CE activities or programs. Further, responsibility for the content, provision, and delivery of any CE activity approved by the CPA remains that of the CE Sponsor or Provider. The CPA disclaims all legal liability associated with the content, provision, and delivery of the approved CE activity.

How to register for these workshops:

- Mail this form to: BC Psychological Association
402 – 1177 West Broadway Vancouver, BC V6H 1G3
- Fax 604–730–0502 or Call 604–730–0501
- Go online: <http://psychologists.bc.ca>

Ethics and Self-Care for Psychologists: Promoting Joyful and Sustainable Practice

Early Bird Registration (June 14 – July 18, 2019)

- Regular price \$246.75 (incl. GST)
- BCPA Members and Affiliates \$173.25 (incl. GST)
- Student Members \$129.94 (incl. GST)
- Student Non-Members \$185.06 (incl. GST)

Regular Registration (July 19 – Sept 16 2019)

- Regular price \$270.90 (incl. GST)
- BCPA Members and Affiliates \$197.40 (incl. GST)
- Student Members \$148.05 (incl. GST)
- Student Non-Members \$203.18 (incl. GST)

Meal Requirements

- Regular meal
- Vegan meal
- Special needs or allergies (please include details below)

Workshop Materials

- I would like to receive a **paper** copy of the materials
- I would like to receive an **electronic** copy of the materials

Confirmation

- I will attend this workshop
- I agree to the **Cancellation Policy** (required)
Cancellations must be received in writing by September 16, 2019. A 20% administration fee will be deducted from all refunds. No refunds will be given after this date.



Name: _____

Phone: _____

Address: _____

Email: _____

City: _____ Postal Code: _____

GST # 899967350. All prices are in CDN funds.
Please include a cheque for the correct amount, not post-dated, and made payable to “BCPA” or “BC Psychological Association”. If you prefer paying by credit card, please register online. Workshop fee includes handouts, morning & afternoon coffee, and lunch. Free Parking is available. Participant information is protected under the BC Personal Information Act.