

SELF-CARE FOR THERAPISTS: USING MINDFULNESS TO MANAGE STRESS



3 Hours Category A Continuing Education Credits

Saturday, January 21, 2023

9:00 am - 12:15pm



Stephanie H. Best, PhD, is a Licensed Clinical Psychologist, Certified NeuroMeditation Trainer, and Adjunct Assistant Professor in the Department of Psychiatry and Behavioral Sciences at MUSC. She is a Program Lead at Modern Minds, a novel mental health and wellness clinic affiliated with MUSC that empowers clients to create long-lasting, meaningful change in their lives using a team-based holistic approach. An expert practitioner of mindfulness and acceptance-based interventions, including Acceptance and Commitment Therapy (ACT), Dr. Best has received advanced training in mindfulness and completed an intensive course in Mindfulness-Based Stress Reduction (MBSR) at Duke Integrative Medicine. She earned her PhD in Clinical Psychology from Duke University. Dr. Best has maintained a regular meditation practice of her own for over 15 years, sustained by her direct personal experience of its empirically supported mental, emotional, and physical health benefits. She enjoys teaching health professionals and members of the general public about the use of neuroscience-based principles and strategies to individualize the practice of meditation for optimal health and wellness.

WORKSHOP DESCRIPTION

This workshop is designed to introduce practicing psychologists to the use of mindfulness for self-care and stress management. We will discuss common causes of stress, what mindfulness is and how it can be used as an effective antidote to stress, the neuroscience behind mindfulness meditation, and how mindfulness fits into a broader framework of wellness. A variety of experiential exercises will cover ways to practice mindfulness both formally (meditation) and informally.

Instructional Level: Basic

Educational Format: Lecture, experiential exercises (e.g., guided meditation), video, discussion

LEARNING OBJECTIVES

1. Define the term mindfulness and discuss why it is an important skill in the development of stress resilience.
2. Describe and implement at least one method for practicing mindfulness formally and one method for practicing it informally.
3. Explain how mindfulness practices impact the brain.

Date, Time & Meeting Mode:

Saturday, January 21, 2023

9:00 am - 12:15 pm

(with a 15-minute break)

Via Zoom

Registration Deadline:

Preregistration is required. You must register by the Wednesday prior to the offering (January 18).

Refund Policy:

No refunds on or after Wednesday, January 18, 2023. All refunds are minus a \$25 processing fee.

Continuing Education Information:

This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association (APA) to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. Both workshops are offered for 3 hours of Category A CE credit.

Attendance Requirement for CE Credit:

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 15 minutes late at the beginning of any continuing education offering. No credit will be given to those participants who leave more than 15 minutes before the end of the presentation. No credit will be given to those participants who are not present or actively participating for more than 15 minutes (beyond the allotted break time) i.e. not participating in breakout sessions. You must also sign in and sign out.

Cost

NCPA Member - \$75.00

Non-NCPA Member - \$90.00

[CLICK HERE TO REGISTER.](#)