

## *Practicing Effective Self-Care* **Recommended Methods and Flexibility**

**Wednesday, March 26, 2025**

**11am - 12pm via Zoom**

**[Free to CCA Members; Non-Members \$15]**

The ACA code of ethics clearly outlines the need for self-care, but what specific methods are the most effective? The answer, like many things in counseling, is “it depends”. This presentation will discuss the importance of identifying clear self-care methods and the key process of flexibility in implementing a self-care routine. Objectives: > Discuss challenges that arise when practicing self-care, including perfectionism and lack of effective methods > Review existing literature on recommended methods of practicing self-care for counselors > Audience members will discuss and create their own plan for practicing self-care, including a list of methods that work best for them.

This interactive presentation will focus on the importance of developing clear and flexible self-care routines, featuring three key areas: 1) a discussion of the presenter’s own challenge in finding what works; 2) highlighting recommended methods of practicing self-care in the literature; and 3) closing with an interactive discussion on how audience members can engage in effective self-care routines.

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### **1 clock hour of continuing education may be earned**

Connecticut Counseling Association has been approved by NBCC as an approved Continuing Education Provider, ACEP No.2007. Programs that do not qualify for NBCC credit are clearly identified. Connecticut Counseling Association is solely responsible for all aspects of the programs. (Policy J.4)

Clock hours are awarded for sessions attended in full, with confirmed attendance at the start and end of the session, and submission of a completed evaluation form for each session at the end time of the session.

All requests related to ADA or any other needs should be directed to CCA at the contact information below.

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