Dr. Heather Clark, PharmD, is an intuitive coach, speaker, author, certified functional medicine specialist, and creator of The Burnout Cure. After her own recovery from severe burnout, she has helped many others recover quickly, safely, and permanently. Dr. Clark awakened to her purpose when she realized that the root cause of burnout isn't 'just' stress--it is the stress of being someone you aren't. Dr. Clark was a National Merit Scholar, earned her doctorate in pharmacy from the University of Iowa in 1997, was adjunct faculty at University of Missouri Kansas City, and has practiced in a variety of settings including community, long term care, consulting, and hospital clinical pharmacy. Clarity is her superpower; she helps creative, caring professionals shift their reality and powerfully create their desires.

WHAT: 3.0 hr educational workshop  WHEN: Fri., Sept. 9, 2016; 9:30 a.m. – 12:30 p.m.

WHERE: West Wyandotte Library, 1737 N. 82nd St. KCKS 66112

WHO SHOULD ATTEND: This professional continuing education workshop is designed for social workers, psychologists, therapists, nurses, mental health counselors, and health care workers.

OVERVIEW: Eliminate stress AND still show up to work? Yes! Learn how to identify and stop the downward spiral of stress and secondary trauma (compassion fatigue) that can erode resilience and lead to burnout. Bring balance back into your life and your practice with profound self care strategies. You'll learn--and practice--specific in depth profound self care exercises. Praised for her easily understood and accessible style, Dr. Clark will provide you with practical, actionable knowledge & tools that you can use in your life & practice right away.

OBJECTIVES: After attending this program the participant will be able to:
- Identify secondary trauma and burnout
- Discover the power of perception and its relationship to stress, secondary trauma, and burnout
- Briefly review the stress response
- Learn (and experience) specific stress reducing profound self care strategies

CONTINUING EDUCATION: B.E. Education Group, LLC is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 3 contact hours applicable for RN, LPN, and LMHT re-licensure. Kansas State Board of Nursing Provider Number LT0258-0310. B.E. Education Group, LLC is a pre-approved provider for social workers through the Kansas Behavioral Sciences Regulatory Board (BSRB) Provider Number 14-002. Pre-approval by (BSRB) for continuing education credit is not required for mental health professionals. However (BSRB) approved providership for social workers is accepted for psychologists, professional counselors, masters prepared psychologists, marriage and family therapists and addiction counselors. This workshop meets BSRB criteria for diagnosis and treatment. For licensed professionals, please bring license # to the workshop to receive your CEU Certificate of Attendance.

REGISTRATION: Workshop is $40.00. 3.0 CEU’s (Certificate of Attendance)

Please complete form below & return with payment by Sept. 4, 2016. The “Self Care & Secondary Trauma: Stress-Busting Strategies to Raise Resilience & Banish Burnout” Workshop is September 9, 2016. If you have any questions and/or need translation or other accommodation, contact Stacy Davis at least 5 days prior to the workshop at 913-281-2221, ext. 112 or sdavis@mhah.org. Fee is $40. Checks payable to MHAH. Accept VISA.

Name__________________________________Organization__________________________Address_____________________
City_____________________State______Zip____Email____________________Phone_____________________

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