

COAAA Professional Education February 28, 2018

9:00AM - 12:15PM Registration begins at 8:30AM



“When You’re Making a Living Instead of a Life....”Stress Management and Burnout Prevention: Stress management and burnout prevention has become an unfortunate trend in today’s workplace. Nowhere is that more evident than in the social service profession. In fact, studies have indicated that social service agencies are continually confronting staff turnover due to increasing amounts of stress in the workplace. Professionals in today’s world are challenged by increasing productivity standards, exposure to traumatic situations, and significant caseloads. Without question the impact of social service duties has created physical and psychological consequences that often precipitate burnout. This training will provide practical strategies for assessing and managing stress in the work environment. Participants will be able to assess and develop a personal stress management plan which will aid in burnout prevention.

Speaker **Dr. Brian L. Bethel** is a Professional Clinical Counselor-Supervisor (PCC-S), a Licensed Chemical Dependency Counselor (LCDC III), and a Registered Play Therapist-Supervisor (RPT-S) with specialized training in counseling children, adolescents, and families. Dr. Bethel earned a PhD in Counselor Education and Supervision from Ohio University where he also obtained dual Master’s degrees in Clinical Counseling and Rehabilitation Counseling. With over twenty years of experience, Dr. Bethel brings a diversity of clinical strengths to his counseling practice. Dr. Bethel’s competencies have developed through both his educational achievements and his professional experiences. He has provided counseling services to children, adolescents, and adults who have been impacted by trauma. As the senior therapist for a nationally accredited child advocacy center, Dr. Bethel often provides expert testimony in child sexual abuse cases, clinical mental health topics, and serves as a clinical consultant for numerous agencies in the area of the impact of trauma. As the founder and director of Interplay Counseling and Consultation Services, Dr. Bethel has offered therapeutic services to many individuals who have been affected by traumatic experiences. He has been invited and presented at the local, state, national, and international level and has developed and facilitated numerous workshops in a variety of venues. Dr. Bethel is a published author who has offered contributions to the field in the area of child sexual abuse, childhood trauma and clinical practice.

Objectives

At the conclusion of this workshop, participants will be able to:

- Identify the impact of stress in personal and professional lives
- Acquire information regarding physical and psychological impact of stress
- Describe and discuss specific stress management and burnout prevention strategies

Hours

3.0 Social Work Clock Hours (#RSX059002) 3.0 BELTSS (050-C-18)
3.0 Counselor Clock Hours (#RCX109207)



The Ohio Board of Nursing accepts events approved for Counselors & Social Workers for Continuing Nurse Education Contact Hours.

Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207

614-645-7250 1-800-589-7277 www.coaaa.org coaaa@coaaa.org

Your Aging and Disability Resource Network

COAAA Professional Education February 28, 2018

9:00AM - 12:15PM
Registration begins at 8:30AM
Doors to Education Center Open at 8:30AM

Fee \$55.00

The workshop fee includes coffee, tea, and handouts. Lunch is not included.

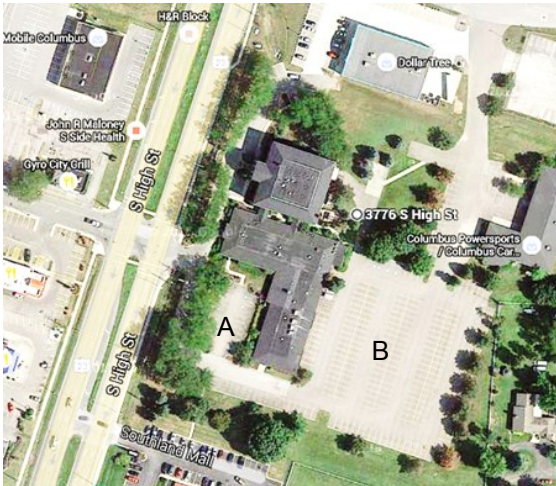
LATE REGISTRATION: \$65.00 (after 2/21/18)

A **REFUND** will be made **ONLY for cancellations received 5 work days prior to the event**. If less than 5 days, a credit can be issued for use at another program within the next year. If notice of cancellation is not received before the date of the program, no credit can be issued. Any checks returned will be subject to a \$15 bad check fee by the City of Columbus.

Please Note

Room temperatures can be difficult to control; dressing in layers adaptable to warm and cool temperatures is recommended. This training will be held at COAAA, 3776 S. High St., Columbus, OH 43207. The entrance to the training facility is in the low rise building to the far right when you enter the grounds. Parking is free, and light refreshments are available.

Directions



COAAA is located at 3776 S. High St., Columbus, OH 43207. When you arrive, please park in front of the low rise building to the far right when you enter the grounds (Parking Lot A). If this lot is full, please park in the back of the building in the larger lot (Parking Lot B) and then return to the training facility entrance.

Directions from 315 S/71 S: Continue onto 71 S. Take I-71 S to 270 E. Take exit 52 from I-270 E, and merge onto US-23 N/S High St. The new facility will be on your right.

Directions from 270 E: Take exit 52, and merge onto US-23 N/S High St. The new facility will be on your right.

Directions from 270 W: Take exit 52A, and merge onto US-23 N/S High St. The new facility will be on your right.

Please Note: US-23 and S. High St. run concurrently.

In case of inclement weather, please call (614) 645-3885 to see if the workshop has been cancelled or rescheduled. In the event of a cancellation or change of date, you will have the option to attend on the new date or receive a credit to attend another workshop within one year.

Registration Form

Deadline February 21

Stress Management and Burnout Prevention

Name: _____

Phone: (____) _____

Agency: _____

Email: _____

Address: _____

City/St/Zip: _____

Special Accommodations needed due to disability: _____

Registration Fee: \$55.00 (lunch is not included)

Late Registration Fee: \$65.00 (after 2/21/18)

Purchase Order Attached: # _____

\$ _____ Federal ID# _____

Make checks payable to **City of Columbus**, & mail with registration form to:

COAAA Training & Education
3776 S. High St., Columbus, OH 43207

If using a purchase order, please attach a copy to the completed registration form. Questions? Call (614) 645-7250 or 1-800-589-7277; fax (614) 645-6146. COAAA will not accept registrations over the phone or fax without a purchase order number.