

THE NEVADA PSYCHOLOGICAL ASSOCIATION PRESENTS

# Secure Your Own Oxygen Mask First: Mindful Approaches to Preventing Therapist Burnout

presented by  
**Christopher McCurry, Ph.D.**

**FRIDAY, February 19th, 2021**

**1:00pm—4:15pm**

Zoom login 4:00—4:15pm

**Live, Virtual Webinar via Zoom**

**3 CE Credits**

Approved for Nevada Psychologists and MFTs. Approval pending: LCSWs



NPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for this program and its content.



Registration Available Online: [www.NVPsychology.org](http://www.NVPsychology.org)

# Secure Your Own Oxygen Mask First: Feb 19th, 2021

## About This Workshop:

Burnout: “A state of physical, emotional, and mental exhaustion that result from long-term involvement in work situations that are emotionally demanding” (Schaufeli & Greenglass, 2001). Clinical psychology is just such an emotionally demanding work situation. As clinicians, we are vulnerable to this physical and emotional exhaustion as well as other signs of burnout such as irritability, discouragement, sense of low personal accomplishment, reduced attention and concentration within session, poor decision-making, and compromised therapeutic relationships.

In this workshop, we will examine the sources of burnout, along with the related concepts of compassion fatigue and vicarious trauma. Through questionnaires, self-report measures, and discussion we will consider our vulnerabilities and risks for burnout. We will identify life domains where we can develop “career-sustaining behaviors” that will not only reduce or prevent burnout but will greatly enhance our work satisfaction and effectiveness. A variety of strategies for monitoring and managing burnout will be introduced, with particular attention to recent contributions from mindfulness and acceptance-based therapies. A bibliography of relevant journal articles and books is provided.

## Learning Objectives:

At the end of this program, participants will be able to:

1. Identify the various manifestations of burnout and how they can impact both personal and professional well-being.
2. Assess their own risks for burnout within specific aspects of personal and professional life.
3. Develop and implement an plan for career-sustaining behaviors.

## Audience:

This workshop is intended for psychologists, other licensed mental health professionals and graduate students of psychology. Seating is limited!

## About the Speaker:

**Dr. Chris McCurry** is a clinical psychologist in private practice in Seattle, Washington. He



specializes in the treatment of childhood anxiety disorders. Chris received his doctorate in clinical psychology from the University of Nevada, Reno, where he studied with Acceptance and Commitment Therapy cofounder Steve Hayes, in the early days of ACT. He completed his predoctoral internship and postdoctoral fellowship at the University of Washington and Seattle Children’s Hospital. He is the author of two books, one for parents and one for clinicians; *Parenting Your Anxious Child with Mindfulness and Acceptance* (2009) from New Harbinger Publications, and *Working with Parents of Anxious Children: Therapeutic Strategies for Encouraging Communication, Coping & Change* (2015) from W.W. Norton. Along with coauthors Sheri Turrell and Mary Bell, Chris saw the publication of *ACT for Teen Anxiety*, from New Harbinger, in 2018.

## References:

- Di Benedetto, M. & Swadling, M. (2014). Burnout in Australian psychologists: Correlations with work-setting, mindfulness and self-care behaviours. *Psychology, Health & Medicine, 19*, 6, 705–715.
- Rudaz, M., Twohig, M. P., Ong, C. W., & Levin, M. E. (2017). Mindfulness and acceptance-based trainings for fostering self-care and reducing stress in mental health professionals: A systematic review. *Journal of Contextual Behavioral Science, 6*, 4, 380-390.
- Schaufeli, W. B., & Greenglass, E. R. (2001). Introduction to special issue on burnout and health. *Psychology and Health, 16*, 501-510.
- Rupert, P. A. & Dorociak, K. E. (2019). Professional Self-Care, Stress, and Well-Being Among Practicing Psychologists. *Psychology: Research and Practice, 50*, 5, 343–350.
- Simionato, G. K. & Simpson, S. (2018). Personal risk factors associated with burnout among psychotherapists: A systematic review of the literature. *Journal of Clinical Psychology, 74*, 1431–1456.

# Cost of Workshop/Registration 02/19/21

## EARLY BIRD DISCOUNT

(BY 01/18/2021)

NPA Member	\$75.00	\$63.00
Student Member	\$22.00	\$22.00
NON-Member	\$105.00	\$85.00
Student Non-Member**	\$43.00	\$43.00



\*\*No other discounts applied for students. Students are not licensed or practicing in any mental health profession. They must show current enrollment in a regionally accredited college or university as a graduate student in psychology or a closely related profession.

### HELP NPA BE A GREEN ORGANIZATION:

- I will download an electronic copy of handouts from NPA website (will be sent out to all attendees by 2/12/21)

### REGISTRATION:

NAME: \_\_\_\_\_ DEGREE: \_\_\_\_\_

License #: \_\_\_\_\_ Profession \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

- Payment in the amount of \$ \_\_\_\_\_ is enclosed, by check, payable to NPA  
 Please charge my credit card \$ \_\_\_\_\_ (Complete area below)

**Visa/ MasterCard/ Discover/ American Express** (circle one)

Account#: \_\_\_\_\_ Exp Date: \_\_\_\_\_

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Cardholder Name As it appears on the card: \_\_\_\_\_

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**Register Online At: [WWW.NVPSYCHOLOGY.ORG](http://WWW.NVPSYCHOLOGY.ORG)**

**Fax** (credit card only) to: (888) 654-0050 or

**Mail** with check to: P.O. Box 400671, Las Vegas, NV 89140

### GENERAL INFORMATION:

**Workshop Location:** The workshop will be held live through a virtual platform. Login link will be sent out by email to all registered attendees by 2/12/2021 along with link to download handout materials.

**Refunds & Grievance Policy:** Participants may direct questions or complaints to NPA at (888) 654-0050. An administrative fee of \$30 will be charged for cancellation of registration. Please note, no refunds will be granted after 02/01/2021.

**Approval:** Nevada Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. NPA maintains responsibility for the program and its content. NPA will issue certificates of completion by email no later than 5 days after workshop. APA CE rules require that we only issue credits to those who attend the entire workshop. Those logging into the live webinar more than 15 minutes late or leaving before the entire webinar is completed will not receive CE credits (i.e. partial credit will not be issues). Post-test and evaluation forms will be sent out electronically to all attendees at the end of the workshop. Posttests must be completed to be eligible for CE credit. A passing grade is required to receive CE credit.