

All I Needed to Know, I Learned from The Beatles: An Acceptance and Commitment Therapy Approach to Enhance Self-Care

October 9, 2019 | 11:00 AM – 12:30 PM CDT | 12:00 PM – 1:30 PM EDT



Presented By:

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This interactive webinar will examine strategies for self-care, as conceptualized from an Acceptance and Commitment Therapy (ACT) approach. Dr. Kracen will review the research literature regarding self-care for healthcare providers and provide a brief conceptual overview of ACT. Rather than just reducing burnout, the session will focus on strategies to enhance self-compassion, resilience, and professional fulfillment. While examples will be shared to illustrate concepts, the webinar also will be an opportunity for engagement and introspection. Specifically, participants will take part in activities to clarify their values, draft a personal mission statement, and develop a self-care action plan.

Learning Objectives:

- Discuss Acceptance and Commitment Therapy as a framework for self-care.
- Describe and evaluate the concepts of professional well-being and fulfillment.
- Identify three personal values that affect personal and professional well-being.
- Create a personal mission statement and action plan to guide professional fulfillment.

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