

Therapists for Social Responsibility
presents



Clinicians Presence and Self-Care In the Face of Trauma and Uncertainty

Presenter and Facilitator: Andrew Bein, PhD, LCSW

Saturday, September 13th, 10:00 a.m. to 5:00 p.m.
St. Mark's Methodist Church 2391 St. Marks Way, Sac., CA
6 CE Units for LCSWs, MFTs and RNs.

This workshop will offer some of the skills and the spiritual sustenance needed as we work with clients experiencing PTSD and other serious emotional traumas. Included are a Powerpoint presentation, didactic material, and experiential exercises. *The Zen of Helping: Spiritual Principles for Mindful and Open-Hearted Practice*, by Andrew Bein, will provide a foundation for this training. Presentations by Ray Bacigalupi, MFT, a Vietnam War Veteran and his wife, Shauna Smith, MSW, MFT, will form part of the learning experience for this presentation.

Focus of the workshop

- Staying meaningfully connected with people experiencing major traumas without becoming lost in a collective sense of despair.
- Utilizing Eastern practices of mindfulness and awareness of breath to serve as foundations for effective use of self, as well as therapist self-care.
- Creating opportunities for the client's spiritual/religious views to contribute to healing.
- Insights from veterans and their families that can inform this work.

To Register: please send a check for \$90, or \$80 before September 5th, made out to TSR and mail to Elisabeth Bower, 3431 Clemens Way, Sacramento, CA 95864. Please include license #, email and phone #. RSVP to gushauna@yahoo.com. Sign up soon as space is limited.

Presenter: Andrew Bein, Ph.D., LCSW is a professor at the Division of Social Work, CA Sate University, Sacramento. He has 23 years of experience as a clinician, consultant, trainer and researcher and has worked in a large variety of settings with highly diverse communities. He has conducted over 80 national, state and local presentations.

**The Zen of Helping: Spiritual Principles for Mindful
and Open-Hearted Practice will be available
for purchase at author's cost.**

