



Our Ethical Mandate for Self-Care

Presented by

Linda K. Knauss, Ph.D., ABPP

Overview

Self-care is a personal challenge and a professional mandate that every therapist must confront. Self-care is seldom taught in graduate school and too seldom discussed by professionals. There are many ways to promote self-care. This workshop will address self-care as an ethical imperative, the paradox of self-care, barriers to self-care, and research-informed methods of therapist self-care. Participants are invited to discuss their own self-care struggles and strategies as well as ethical dilemmas they have encountered.

Objectives: Participants will be able to:

- Identify and describe the connection between effective self-care and the APA ethical principles, competence, and clinical effectiveness.
- List and practice three self-care strategies to prevent burnout and improve client outcomes.
- Create an individualized long-term self-care plan to ensure effectiveness as a practitioner.

3 Hours Ethics CE Credits

Agenda

- Pillars of Self-Care (1:30:10)
- Self-Care as an Ethical Imperative
- The Paradox of Self-Care
- Barriers to Self-Care

- Healthy Escapes (1:23:49)
- Mindfulness
- Effective Self-Care
- Self-Care Checklist

Linda K. Knauss, Ph.D., ABPP

Dr. Knauss is a Professor at Widener University's Institute for Graduate Clinical Psychology. She is the chair of the Ethics Committee of the American Board of Professional Psychology.

Dr. Knauss has authored several book chapters and journal articles on ethics, and has taught many continuing education workshops and college courses on a variety of ethical issues.

Dr. Knauss represents Pennsylvania in APA's Council

of Representatives. She was the recipient of a 2015 APA Presidential Citation for her work in APA; the recipient of the 2002 Ethics Educators Award presented by the Pennsylvania Psychological Association's Ethics Committee; and the recipient of the 2004 Pennsylvania Psychological Association Distinguished Service Award.

Dr. Knauss maintains a private clinical practice where she sees children, adolescents, adults, and families.

Approved Home Study CE Hours for Psychologists Counselors Social Workers MFT AOTA

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