



Keeping Your Soul Alive

Presented by

Bill O'Hanlon

Overview:

This program is designed to recharge your personal and professional batteries and put the fun and meaning back into your work.

Bill presents an approach to life and the universe that challenges discouragement and calls participants back from burnout to being fully alive and present in their lives and work. Through the use of structured exercises, poetry, storytelling, and lecture material, participants will get a chance to step away from busy lives to find some spiritual and professional renewal.

Objectives:

Participants will be able to describe:

- Characteristics of burnout and compassion fatigue
- How to find professionally rewarding life directions
- Ways to prevent or recover from professional burnout

6 Hours CE Credit

Recovery from Burnout & Compassion Fatigue

- Recharging your professional batteries
- Ways to access spirituality
- Re-examining why you entered your field

Finding What You Want Now

- Meaning in your life
- Following your wounds

Liberating Your Humanity & Intuition

- Challenging shame, learned limitations, & self-doubt
- Bringing yourself into your work
- Finding your voice in your work

A New Model Of Change

- How problems and being stuck can precipitate change.

Bill O'Hanlon

Bill O'Hanlon received his M.S. degree from Arizona State University in 1978 where he majored in Family Studies and specialized in Marital/Family Therapy. He worked in a variety of community mental health centers until 1982, when he established his own organization for clinical practice, outpatient therapy, supervision, and training. He is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist.

Bill was a pioneer in developing Brief Solution-Oriented Therapy and the founder of Possibility and Inclusive therapies. He has authored or co-authored 35 books and 54 articles or book chapters. His books have been translated into 15 languages. He has appeared on *Oprah*, *The Today Show*, and a variety of other television and radio programs.

Since 1977 Bill has taught over 2,000 therapy seminars around the world. He has been a top-rated presenter at several national conferences, including the Family Therapy Networker Symposium, The American Association for Marriage and Family Therapy Conference, the two major Ericksonian conferences, and the Annual Cape Cod Symposium.

He is known for his storytelling, irreverent humor, clear and accessible style & his boundless enthusiasm for whatever he is doing. His seminars are as entertaining as they are educational.

Bill presented for *J&K Seminars* in 1994, 1996, 2000 & 2007. Participants at each of these programs gave Bill very high evaluations. He is among our most effective and engaging presenters.

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

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Practice Level—Intermediate

(Course content was reviewed and deemed current on 4/02/2020)

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