



## THE ETHICAL IMPERATIVE OF HELPER SELF-CARE

***Begins November 1.*** Complete this **3-week eCourse** on your own time, in any location that's convenient to you and earn CEUs.

This 3-week eCourse examines the ethical imperative of helper self-care and its relation to competent service delivery. In Week 1, we reflect on the personal and occupational hazards of being a professional helper, and professional responsibilities in regard to competence, impairment and self-care. In Week 2, we examine compassion's role in helper well-being and quality of care, and review a model for creating compassion satisfaction. In Week 3, we reflect on how we might create personal and organizational cultures of self-care, and explore some current trends and pioneering research in the study of compassion. This course is for mental health professionals, including social workers, psychologists, professional counselors and marriage and family therapists.

Upon completion of this interactive eCourse, you will be able to:

- Explain the ethical requirements for helper well-being and self-care.
- Identify personal predispositions and occupational risks that can lead to helper distress and potential impairment.
- Explain how helper well-being and self-care contributes to competent service delivery.
- Identify ways individuals and organizations can support a culture of self-care.

**How it Works:** On a weekly basis, you'll listen to meditations, review videos, complete self-assessments, read articles and participate in e-discussions. If you are interested in earning CEUs, you will take a post-test at the end of the eCourse.

**Instructor:** Joy L. Salmon has worked in public, nonprofit and private sectors in a variety of roles, from direct services to administration; she has also created and taught online courses at universities. She has a Ph.D. in Counseling Psychology & Human Systems and is a licensed psychologist.



**Continuing Education Credit:** Upon successful completion, Social Workers will receive **10 Category "A"** CEUs under the ACSW competence requirements. This eCourse is applicable to all social work categories. Other professionals: Contact your regulatory board to determine course approval.

**Registration:** Fill in the form below and email to [info@kaizensolutions.org](mailto:info@kaizensolutions.org) or fax to 780.459.8867. You will be sent an invitation with instructions on how to sign in and get started.

Registration fee includes all course materials. No charge for post-test and continuing education certificate. Regular Fee: \$249. **Early bird through October 11: \$199.** Certificates will be emailed within 30 days after successful completion of the post test.

**Special Needs:** Contact us if you require special assistance.

**Cancellation:** Refunds (minus a \$50 processing fee) are available. Please note: Refunds are not available once access to the course has been given.

To download our FAQ, for more information or grievances:  
[www.kaizensolutions.org](http://www.kaizensolutions.org) ☎ 780.459.2588 ☎ [Val@kaizensolutions.org](mailto:Val@kaizensolutions.org)

Kaizen Solutions for Human Services, provider # 1116, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) program.

ASWB Approval Period: August 8, 2012 – August 8, 2015.



[www.kaizensolutions.org](http://www.kaizensolutions.org)





*The Ethical Imperative of Helper Self-Care  
eCourse Registration Form  
With Joy L. Salmon, PhD*

Course Name: The Ethical Imperative of Helper Self-Care	Course # 1302 <input type="radio"/> 10 CEU
Name:	Job Title:
Organization:	
Address:	
City:	Province/State:
Postal Code/ Zip:	Email:
Phone: (      )	Fax: (      )
Regular Course Fees <input type="radio"/> \$249	Early Bird through October 11 <input type="radio"/> \$199
Amount enclosed: \$ <input type="radio"/> Cheque <input type="radio"/> Money Order <input type="radio"/> Credit Card	
Credit Card: <input type="radio"/> Visa <input type="radio"/> MasterCard	
Credit Card #	Expiry Date:
Name on Card	Authorized Signature
How did you learn about the eCourse?	
What other types of eCourses are you interested in?	
Do you require a continuing education certificate? <input type="checkbox"/> Yes please. <input type="checkbox"/> No thanks.	
We are sending all course participants a copy of our Rethinking Your Work Newsletter. Please indicate if you do <b>not</b> want to be included. <input type="checkbox"/> No thanks.	
<b>Further details provided upon registration.</b> How would you like to be contacted? <input type="radio"/> Email <input type="radio"/> Fax	
<b>I am aware that this course this course requires approximately 3 hours participation per week. _____ Initial please.</b>	

**To Register:** Complete order form with payment and submit by:

**Mail:** Kaizen Solutions for Human Services, 82 Lancaster Cr. St. Albert AB T8N 2N8

**Fax:** (780) 459 – 8867  **Phone:** (780) 459-2588  **Email:** [Val@kaizensolutions.org](mailto:Val@kaizensolutions.org)

