Radical Self-Care: Honestly Addressing Burnout and Compassion Fatigue in Helping Professions

August 2, 2022
August 9, 2022
August 16, 2022
12:00pm – 2:00pm, each session
(interested participants must attend all three sessions)

Virtual Learning via Zoom
7.0 Continuing Education Hours
(6.0 hours for live, virtual session and 1.0 hour for self-paced work assigned by the instructor)

Trainer: Kyira Wackett, MS, LPC

Course Description:

In this workshop, we will address the barriers that make self-care seem inaccessible by looking to our own narratives and functioning to examining the systems we work in and impact they have. Attendees will have an opportunity to reflect on the problems that lie before them when they think about self-care and the effects they feel from a lack of self-care in their daily lives. We will discuss what self-care actually is and practical ways we can apply it in our daily lives not only by doing more activities but also by eliminating things from our plate and learning how to set supportive boundaries. We will discuss how shame is affecting your ability to engage meaningfully in a self-care practice and the long-term effects on your own mental health and quality of care we provide our clients. We will focus on radical acceptance and cognitive reframing to support shifts in how we think about our daily lives being about more than what we do and how busy we are to how we are showing up and the impact we have in the world. Attendees will explore the shifts and changes we can make to how we think, talk, act and connect that will protect us against burnout and bring more balance to our daily lives.

About your Trainer:

Kyira Wackett is an artist, public speaker and community advocate. She holds a Master’s Degree in Counseling Psychology and is a licensed therapist specializing in eating disorders, anxiety disorders and trauma.

Kyira has been speaking on topics related to mental health, authenticity and personal & professional development for over 10 years. In 2016, she founded her company, Kinda Kreative, wherein, she has focused her efforts more specifically on creating social change, taking conversations about mental health into the communities at large, empowering self-exploration and cultivating opportunities for growth – both personally and professionally. In 2017, her company received an America’s Small Business Champion Award which Kyira notes she is still in shock about, but has used to remind herself everyday about how important the work is that she is doing.