

APRIL 20, 2010

BURNED-OUT OR BURNING-ON?

Is a seminar intended to show us the way to use stress as an ally and not a foe. Yes, stress is a friendly companion when tamed and directed. Dr. Al will take you there so you can achieve your goals and help others along the way with humor. From room arrangement, to presentation styles, to daily life - you can do it!

The course objectives are to provide the theory and application techniques required in providing individual, marital, family, and group counseling. The course objectives are to enable the participant; 1.) to comprehend cognitive-behavioral theory B.E.S.T. I.D.E.A.S. in application to burnout prevention and treatment, 2.) to accurately understand DSM-IV diagnostics and current pertinent, prevalent social issues in relation to burnout in clients and staff, 3.) to apply multimodal cognitive-behavioral therapy and techniques to major, and most encountered, diagnoses and issues in burnout, 4.) to interface with mental health, social work, medical, legal, law enforcement, and criminal justice professionals in the field in assisting clients and staff, 5.) to advance intrapersonal and interpersonal skills training within in ourselves and others, and 6.) to understand and delineate legal and ethical issues in assisting helping professionals with burnout and burnout relapse prevention. Authors and researchers such as Adams, Ainsworth, Beck, Bowlby, Carnes, Crabb, Ellis, Figley, Lazarus, Michenbaum, Yalom, and others as well as the work of the instructor will be elucidated.

INSTRUCTOR: AL SARNO, PH.D, LPC, BCPC

AL SARNO, LPC, BCPC is a Licensed Professional Counselor (LPC) in the state of Missouri. He is Board Certified in Professional Counseling (BCPC) from the American Psychotherapy Association. He has a Master of Science (M.S.) in Counseling Clinical Psychology from Nova Southeastern University. Earned a Ph.D from Capella University in Human Services. He is the founder of LifePlace Counseling Centers, "On the Same Page"™/© Productions, and Foundation For The Family.

Location: 11300 St. Charles Rock Road, Bridgeton, MO 63044

Time: 8:30am-12noon

Cost of Workshop: \$75

3 CEHs: Washington University, George Warren Brown School of Social Work for MO & IL

3 CEHs: NBCC