

## Our Instructor

### Patricia Burke, MSW, LCSW, BCD

Patricia A. Burke, MSW, LCSW, BCD is a Board Certified Diplomat in Clinical Social Work, a Certified Clinical Alcohol, Tobacco, and Other Drugs Social Worker and a Certified Clinical Supervisor with over thirty years of clinical and teaching experience. Patricia is currently on the faculty of Union Institute & University undergraduate program in the Psychology & Human Development concentration and the Addiction Studies Specialty. Patricia was on the faculty of the Rutgers Summer School of Alcohol and Drug Studies from 1989-2010. She has been an instructor for the Addiction Technology Transfer Center of New England at the Brown University Center of Alcohol Studies since 1999 and a trainer for the Co-Occurring Collaborative Serving Maine since 2006. She has also been on the faculty of the New England Institute of Addiction Studies, the University of New England School of Social Work, University of Southern Maine, and Southern Maine Community College. Her most recent publications include one chapter in *Trauma Counseling: Theories and Interventions* published by Springer and three chapters in *Psychological Trauma and Addiction Treatment*, published by Haworth Press. She was also on the Expert Advisory Board of *Managing Depressive Symptoms in Substance Abuse Clients During Early Recovery, Treatment Improvement Protocol (TIP) Series 48 (Substance Abuse and Mental Health Services Administration, 2008)*. Patricia is a member of the Motivational Interviewing Network of Trainers (MINT) and maintains a private clinical and consultation practice in Yarmouth, Maine.

#### CONTACT HOURS

Certificates will be available and emailed to participants upon completion of the course.

- 8 contact hours for nurses. CCSME Provider Unit is an approved provider of continuing nursing education by ANA-MAINE, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation
- 8 contact hours by the Maine Board of Alcohol and Drug Counselors pending approval
- 8 Category I contact hours for Psychologists are provided. CCSME is a pre-approved sponsor and provider of Professional Education Activities for Psychologists
- Certificate of attendance for 8 contact hours for social workers, licensed clinical professional counselors, and other professionals

*A Four-Week On-line Course  
Beginning June 18, 2012*

## A COMPREHENSIVE APPROACH TO CLINICIAN SELF-CARE

**Offered by the Co-Occurring Collaborative Serving Maine  
Sponsored by the Maine Office of Substance Abuse, DHHS**

# A Comprehensive Approach to Clinician Self-Care

**Register on line today with a credit card!**  
**<http://clinicianselfcare.eventbrite.com>**

## A Comprehensive Approach to Clinician Self-Care

- Date** This four-week on line course begins 6/18/12  
After you register, the on line course materials and instructions will be emailed to you before the start date
- Cost** \$ 52.00

The clinical and research literature suggests a strong relationship between substance abuse issues, trauma, and other mental health issues. Clinicians are therefore likely to encounter clients with substance abuse issues, a history of trauma and/or current traumatic stress reactions and other mental health issues in their clinical practice. In addition to the stress of working in substance abuse and mental health treatment contexts which may contribute to burnout, clinicians who work with clients with trauma and co-occurring conditions are also vulnerable to secondary trauma/compassion fatigue, vicarious traumatization, and sometimes intense emotional reactions. This 4-week online course will explore the impact of secondary trauma/compassion fatigue, vicarious traumatization, burnout, and countertransference in clinicians who work with clients with co-occurring condition. This course will also address the ethical imperative of clinician self-care and provide participants with a self-assessment tool and framework for developing a holistic and comprehensive approach to self-care. At the end of this course participants will be able to:

- Demonstrate a fundamental understanding of the difference between secondary trauma, vicarious traumatization, counter-transference reactions, and burnout in work with clients with trauma and co-occurring conditions and the impact of these experiences on clinicians.
- Identify the signs of secondary trauma, vicarious traumatization, counter-transference reactions, and burnout. Engage in and evaluate a self-assessment tool.
- Develop a holistic (physical, mental, emotional, relational, spiritual) and comprehensive personal/professional self-care plan and begin to engage in self-care activities and practices identified in this plan.
- Identify the ethical issues related to the necessity of clinician self-care and how agencies can support clinicians.

### Target Audience

Mental health, Alcohol and Drug Abuse counselors, social workers, case managers, health care providers, probation personnel, clinical supervisors and peer counselors

### Refund Policy

Cancellations received in writing either by email, fax or mail are accepted until one week before the course begins and will be refunded minus a \$10 administrative fee. Cancellations less than one week before the course begins and those who register but fail to participate will be charged the full registration fee.

\_\_\_\_\_  
Name(s) & Credentials

\_\_\_\_\_  
Organization

\_\_\_\_\_  
Address

\_\_\_\_\_  
Address

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Fax

\_\_\_\_\_  
Email

Total due: \_\_\_\_\_

Registrations are accepted with a check or purchase order.  
Mail this form to CCSME with your check or with a copy of your purchase order to:

CCSME

94 Auburn Street, Ste. 110, Portland, Maine 04103

Tel. (207) 878-6170 ♦ Fax. (207) 878-6172

### Method of Payment

- Check made payable to CCSME  
 Purchase order #