

Central Oregon Association of Psychologists

Regional affiliate of the
Oregon Psychological Association

Restorative Self-Care

Presented by Elsbeth Martindale, Psy.D.

Friday, May 12th, 2017

9 am until 4 pm (Registration starts at 8:30AM)

6 hours of Continuing Education Credit

Lunch and beverage are included

Location: Hilton Double Tree Hotel
300 NW Franklin Ave, Bend, OR

Workshop Overview:

Self-care is essential for physical, emotional, and professional health. Most therapists speak to their clients about the importance of self-care on a regular basis. Sadly, therapists often exemplify the idiom, “Take my advice, I’m not using it.” In this course you will be shown current trends for therapists regarding self-care, look at the professional dangers of self-neglect, and assess your own skills at caring for yourself. You will review the skills and actions you offer your clients, with an eye on applying these activities in your own life. Through this course you will develop new strategies for caring for your needs and increase your commitment to consistently prioritizing your own wellbeing. You will be given tangible tools to help you ground and embody your learning so you can gently remind yourself to “practice what you preach.”

Learning Objectives:

Through participation in this course members will:

- Look closely and honestly at the challenges of life as a professional therapist
- Examine the personal and professional costs of self-neglect
- Explore the ethical consequences of inadequate self-care

- Observe and assess current self-management skills
- Identify soothing, restorative, and balancing strategies for managing challenges
- Implement specific self-soothing and restorative actions
- Form an ongoing action plan for maintaining healthy self-care; including boundary setting, utilizing support structures, changing habits, and reinforcing success
- Learn how to teach and train clients to implement strategies for good self-care

About the Presenter:

Elsbeth Martindale, PsyD, is a psychologist in Portland, Oregon. She has nearly 30 years of experience in clinical practice. Active and engaging in her approach to psychotherapy, she finds working with conceptual teaching tools to be a powerful way to assist clients in their growth. She offers a skill and tool focused approach to psychotherapy as a means for educating and equipping her clients. She has written several books and developed dozens of creative teaching tools for therapists, some of which have earned her national awards. Now, as a seasoned professional, she is following her latest passion and turning her focus towards supporting younger therapists to be confident, encouraged, and inspired in their work. She offers trainings and retreats for therapists on important topics including; *The Compete Psychotherapy Toolkit*, *Healing Old Wounds*, and *Restorative Self-Care*. See more about her work at www.elsbethmartindale.com.

Costs (including lunch and beverage):

	Postmarked by 4/7/17	Postmarked by 5/1/17	Postmarked after 5/1/17
COAP Members*:	\$130	\$140	\$150
Non-Members:	\$140	\$150	\$160

- Membership in COAP is limited to Central Oregon active and retired psychologists, residents, and psychologist associates. You must be current with COAP dues to register at the membership rate. Dues were collected with the December 2016 workshop or collected in the fall of 2016 for the fall 2016 to fall 2017. If you wish to become a COAP member and meet eligibility requirements, please mail in your dues for \$25 to COAP.
- If registering 3 or more people, please subtract \$15 from your total fee.
- *Registrations sent in after 5/6/17 are not guaranteed to have meal service.*

- If you commit by email that you will attend, COAP expects that you pay, even in the event you cannot attend.
Payment must accompany registration. Check or money order accepted.
- If registering 3 or more people, please subtract \$15 from your total fee.
**Registration fee will not be refunded for cancellations as of one week prior to the scheduled event, or for no-shows. Prior to that, a \$25 cancellation fee will be assessed. Confirmation of completed registration will be sent upon request via email.
- Students may attend the workshop for \$70. Please include a copy of your current student ID when registering. Student registrations are **not** accepted the week of the workshop.
- Questions can be directed to bendworkshop@yahoo.com
- For information on future COAP workshops, please see our website at <http://coapsychologists.weebly.com/contact.html>

Registration Form: Elsbeth Martindale, Psy.D., Restorative Self-Care;

Friday May 12th 2017

Name _____ **Title** _____
Mailing Address _____
Phone _____
Email _____
Special Requests _____
Amount Paid _____

Please mail this form, along with payment, to: **COAP, PO Box 872, Bend, OR 97709**