



Self Care: Working with Trauma and Grief

PRESENTED BY: JOSEPH CIARROCCHI, PH.D.

Friday, September 18, 2009 9:00 am to 12:00 pm

**Loyola University Graduate Center
8890 McGaw Road
Columbia, MD 21045**

3 CE Credits offered

This seminar will explore the phenomena of vicarious trauma and compassion fatigue, recognizing their impact, and finding ways to minimize or prevent their effects. The potential of religion and spirituality to facilitate this process is examined in detail.

OBJECTIVES:



1. Identify the common patterns of self-care barriers for helpers of trauma and grief.
2. Apply a method of individualized case conceptualization for self-analysis around personal needs for self-care when working with trauma and grief.
3. Apply cognitive restructuring strategies for the justification of appropriate self-care.
4. Incorporate helper spiritual resources as a form of self-care.

Dr. Ciarrocchi is Professor and Director of the Certificate Program in Spirituality and Trauma, Loyola University Maryland, Graduate Programs in Pastoral Counseling. He is a clinical psychologist whose interests are in the area of addictions, compulsive behavior, anxiety disorders, and the integration of spirituality and psychology. He has a doctorate in clinical psychology from The Catholic University of America and also holds a graduate degree in theology. He has written five books and published empirical research in the areas of pathological gambling, personality profiles of addicted persons, and the relationship between spirituality and emotional well-being. He has conducted numerous workshops in the United States, Canada, New Zealand, Taiwan, and Hong Kong on the treatment of gambling disorders, addictions, motivational interviewing, positive psychology, and the integration of psychotherapy and spirituality.

Registration Fees:

General Public: \$100
Loyola Alumni: \$70
Loyola Faculty/Employee: \$35
Loyola Student: \$35
PC Field Supervisor: \$35
PC Faculty: \$35

To register, please visit our continuing education website at: www.loyola.edu/pastoralcounseling/ce

For questions: Contact Monique C. Daniels, CE Coordinator at mcdaniels@loyola.edu or (410) 617-7608.