

2019 Social Work Conference

Self-care: The Overlooked Competency

Conference Agenda



May 16

Time	Description	Presenter(s)	Location
12:15 - 1:00	Registration opens - Two-Day Conference		Knutson Campus Center Lobby
1:00 - 1:15	Welcome! Introduction of Keynote Speaker	Dr. Laurie Dahley	Centrum
1:15 - 2:45	Keynote Address Compassion Fatigue and Burnout	Dr. Jon Ulven	Centrum
2:45 - 3:15	Break Visit Vendors Labyrinth (Jones C/D)		Knutson Campus Center Atrium
Concurrent Sessions I (Choose 2 - 45 minutes each)			
3:15 - 4:45	Yoga in the Workplace	Randi Kay	Centrum
	Introduction to Tai' Chi Chih	Dale Carrier	Jones A/B
	Guided Imagery	Dr. Cheryl Hysjulien Cheryl Smith	ISC 260
	Healing Touch	Rebecca Hauge	ISC 301
4:45 - 6:00	Social Appetizers & Cash Bar Visit Vendors		Knutson Campus Center Atrium

May 17

Time	Description	Presenter(s)	Location
7:15 - 9:00	Registration opens - One-Day Conference		Knutson Campus Center Lobby
7:45 - 8:50	Breakfast and Roundtable Discussions		Jones A/B
9:00 - 10:30	Welcome! Boundaries and Self-care	Dr. Laurie Dahley	Centrum
10:30 - 10:50	Break Sponsored by Prairie St. John's Visit Vendors		Knutson Campus Center Atrium
Concurrent Sessions II			
10:50 - 12:15	Shaking Off the Shackles of Conditioning	Christeen McLain	Centrum
	What's An Organization to Do?	Jenn Woude	Jones A/B
	The Corridor of Balancing Self-care and Connection	Tracy Mongan	ISC 260
	An Introduction to Heart Math: Brain Fitness (# 1)	Jan Nelson	ISC 301
12:15 - 1:00	Lunch Visit Vendors (Knutson Campus Center Atrium)		Anderson Commons
Concurrent Sessions III			
1:00 - 2:25	Supervision and Self-care	Dr. Shauna Eberhardt	Centrum
	The Art of Using Humor for Positive Change	Emily Carlson	Jones A/B
	How We Start Dictates How We End	Krisie Barron	ISC 260
	Little Steps of Healing and Wholeness (45 minutes)	Jon Leiseth	ISC 301
	Introduction to Heart Math: Brain Fitness (# 2) (45 minutes)	Jan Nelson	ISC 301
2:25 - 2:45	Break Visit Vendors Labyrinth (Jones C/D)		Knutson Campus Center Atrium
Concurrent Sessions IV			
2:45 - 4:10	Nourishing Your Body-Nutrition Focused on Self-care	Dr. Meredith Wagner	Centrum
	Rediscovering Your Original Intent: Remembering Our Story	Andre Heuer	Jones A/B
	Aromatherapy: Effective Tool for Self-care and Wellness	Jen Shepherd	ISC 260
	Healthy Living for Your Brain and Body	Kendra Binger	ISC 301
4:15 - 4:30	Closing Remarks	Dr. Laurie Dahley	Centrum
	Distribute Certificates		Knutson Campus Center Lobby