

# 2019 Social Work Conference

## Self-care: The Overlooked Competency

May 16 1:00 - 5:00 pm & May 17 8:00 am - 4:30 pm

Knutson Campus Center  
Concordia College | Moorhead, MN



**Self-care** is an essential survival skill for those in the helping professions. As our clients become more complex and challenging, our workload more demanding, self-care becomes the necessary response we must consider developing to insure our effectiveness and success in honoring our profession and personal commitments. Join us for an interactive conference exploring self-care research, strategies and interventions for use with our clients and our professional selves. Select from a variety of interesting sessions and hear from experts familiar with self-care strategies.



**Dr. Jon Ulven**

### Keynote | Proper Digestion of Emotional Experiences: A Pathway to Preventing Compassion Fatigue

In the practice of behavioral health, professional burnout is a realistic threat, but what exactly is it? We often hear and use the words “burned out” to describe an unfavorable state related to work, and “improving self-care is described as the remedy. In this presentation, we will focus on a foundational understanding of “compassion fatigue” as it relates to burnout and self-care in the practice of behavioral health. We will talk about a framework for reducing the potential for compassion fatigue by developing coping during and in between our time with patients/clients.

**Dr. Ulven** is a licensed psychologist and the department chairperson of adult psychology in the FM area for Sanford Health. Dr. Ulven obtained his doctoral and master’s degrees from the University of Kansas in Counseling Psychology and his undergraduate degree from Concordia College in Moorhead. He offers behavioral health treatment to adults that includes treatment of mood and anxiety disorders with a particular focus on health psychology. For the past several years Dr. Ulven has provided care to health professionals who are experiencing burnout.

Do you have expertise related to self-care you would like to share? Submit your proposal to present at a breakout session!

**Deadline for submission is February 22 | Presenters receive 20% off conference registration**

[www.ConcordiaContinuingStudies.com/self-care-proposal](http://www.ConcordiaContinuingStudies.com/self-care-proposal)

### Two registration options available | May 16-17 or May 17 only

Visit [www.ConcordiaContinuingStudies.com/self-care-conference](http://www.ConcordiaContinuingStudies.com/self-care-conference) for details

On-campus and hotel accommodations are available. Learn more at

<https://continueatconcordiacollege.regfox.com/2019-social-work-conference-room-reservation>

### Who should attend |

- ◇ Licensed social workers
- ◇ Social service professionals
- ◇ Healthcare professionals
- ◇ Chaplains, pastors & church leaders
- ◇ Therapists including OT and PT
- ◇ Funeral home directors
- ◇ Students

### Program Highlights |

- ◇ Motivating speakers
- ◇ Selection of breakout sessions & activities
- ◇ Vendor exhibits | Products & services
- ◇ Roundtable breakfast | Friday, May 17 (optional)
- ◇ Wine social | Thursday, May 16
- ◇ CEUs for ND & MN licensed social workers
- ◇ Ethics: Self-care & Boundaries - 1.5 CEUs | Thursday, May 16