



MSPA 2024 Spring Webinar 2

Healing The Healers: Addressing Secondary Trauma With Self-Care

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Licensed Clinical Psychologist; President-Elect of the Assessment Section of Division 12 for the APA; Former President of the Maryland Psychological Association; Professor at George Washington University; Mental Health Expert for the Steve Fund; Contributor to the Son Rise Project; Founding Member of the Multicultural Assessment Conference

Friday, April 19, 2024

LIVE Zoom Webinar

9:00 AM (EST) - 11:00 AM (EST)

PROGRAM OVERVIEW

Agenda:

- 8:45 - 9:00 Webinar participant check-in and review of important information
9:00 - 11:00 Healing The Healers: Addressing Secondary Trauma With Self-Care

Program Description:

This workshop is designed to address the heightened level of stress faced by school psychologists. We will look at the causes of these stressors including the unique convergence of a pandemic and other extraordinary environmental factors, including a worsening mental health crisis. It is likely that such stressors result in school psychologist experiencing secondary trauma, burnout and possibly mental health challenges. Finally, the focus will be on how school psychologists can combat these challenges by self-care. We will tackle what is self-care -- taking care of one's body, mind and spirit. Barriers to self-care will also be address. Finally, the workshop will guide you through taking steps to healing, including an internal evaluation and an action plan.

This workshop addresses the following NASP practice model domains: Domain 1: Data-Based Decision Making; Domain 2: Consultation and Collaboration; Domain 4: Interventions and Mental Health Services to Develop Social and Life Skills; Domain 6: Preventive and Responsive Services; Domain 7: Family, School, and Community Collaboration

Learning Objectives:

As a result of this training, participants will be able to:

1. Identify the extraordinary factors that contribute to the high levels of stress for school psychologists
2. Understand and define vicarious and secondary trauma and burnout
3. Comprehend self-care and self-healing, including sociological and psychological barriers to self care.
4. Gain an action plan to increase self care, complete with accountability mechanisms.

ABOUT THE SPEAKER

Dr. Linda Fleming McGhee is a licensed clinical psychologist who speaks and writes nationally on race, education, trauma, and self-healing. She received her Psy.D. from George Washington University following a career as an attorney. Dr. McGhee is the President-Elect of the Assessment Section of Division 12 for the APA, and Former President of the Maryland Psychological Association. McGhee currently teaches in the forensic psychology master's program at George Washington. She was formerly on the clinical faculty at the Washington School of Psychiatry, and the professional psychology programs at George Washington and the Chicago School of Professional Psychology. Dr. McGhee is a mental health expert for the Steve Fund, an organization devoted to mental health for college students of color. She is a contributor to the Son Rise Project, a podcast in the OWN network that provides a support network for parents. McGhee is a founding member of the Multicultural Assessment Conference.



INFORMATION AND DIRECTIONS

This webinar will be one of two webinars that will take place this spring in place of our traditional in-person MSPA Spring Conference event.

The National Association of School Psychologists (NASP) and hence the Maryland Board of Examiners of Psychologists recognize MSPA as an approved provider of Continuing Professional Development/Continuing Education (CPD/CE) for psychologists (NASP APS #1002). MSPA maintains responsibility for the program. Documentation of attendance for 2 hours of CPD/CE credit will be provided to certified school psychologists and licensed psychologists who attend the entire workshop and complete an evaluation form. Partial credit cannot be awarded. In order to receive CPD/CE credit, attendees must join the webinar no later than 15 minutes after the start, and may not leave prior to 15 minutes before the end. Attendee join and leave times will be tracked to confirm full attendance. Additionally, webinar attendees must respond to at least two of three polls presented during the webinar. Following the workshop, attendance and poll records will be verified and webinar attendees who have met the attendance criteria described will be emailed a link no later than noon on Monday, April 22, 2024 to complete the evaluation form, which must be completed by May 2, 2024. After submitting that form, the attendee will receive the CPD/CE certificate.

Go to www.msponline.org to register and pay online or download the full brochure to **mail in your registration form and check to: MSPA Spring Webinar, PO Box 62, Buckeystown, MD 21717**. Mail-in registrations must be **postmarked by April 5, 2024**. There is an **ONLINE REGISTRATION DEADLINE of April 17, 2024**. Your attendance certificate acts as your receipt (monetary receipts are available upon request). Reimbursement requests for registration cancellations will be honored until April 12, 2024. Reimbursement requests after that date cannot be guaranteed.

MSPA does not offer a group registration rate however, employers who register a group of 10 or more will receive 1 complimentary registration. Email the list of names as well as registration forms for each registrant to Tina Wachter at program@msponline.org. She will give you the total cost for the registrations.

Persons with questions or special needs should contact: Tina Wachter at 443-672-8288 or program@msponline.org.

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY / STATE / ZIP: _____

HOME PHONE: (____) _____ WORK PHONE: (____) _____

PREFERRED EMAIL ADDRESS: _____

EMPLOYER: _____

POSITION: _____

Conference Fee Schedule: (Make checks payable to MSPA):

___ MSPA/MPA Member in Good Standing	\$50.00
___ Nonmember	\$85.00
___ Full-time MSPA Student Member or Retired Member	\$25.00

CREDIT CARD PAYMENTS ARE NOT ACCEPTED BY MAIL.
IF YOU WISH TO PAY BY CREDIT CARD, YOU MUST REGISTER ONLINE.