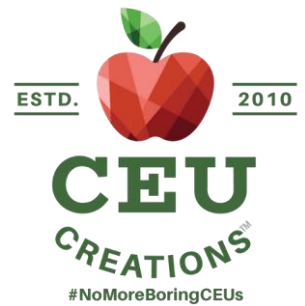


# Resilience and Ethics: Supporting Our Helping Professionals



We're excited to offer this **complimentary** continuing education training as part of the "soft launch" of our newly deployed website automation updates. These updates are designed to enhance your experience, and we appreciate your patience as we work through any minor adjustments during this launch phase.

## FEATURING:

- A free resilience-building workbook for each participant
- Free 1-hour Ethics CE!

**Friday, February 14, 2025**

**12:00 p.m. – 1:00 p.m. ET**

Livestream Series

(Online Synchronous Training)

## **FREE WEBSITE SOFT LAUNCH EVENT!**



Please scan QR Code  
or register online at  
[www.ceuc creationsinc.com](http://www.ceuc creationsinc.com)

## 1 CREDIT HOUR APPROVED FOR:

- **Social Workers**  
ASWB ACE – 1 Ethics CE credit  
New York State Education Department's State Board for Social Work – 1 Contact hour
- **Counselors** – 1 Ethics or 1 Contact hour\*  
NBCC ACEP – 1 Contact hour  
NY State Education Department's State Board for Mental Health Practitioners – 1 Contact hour
- **Nurses**  
California Board of Registered Nursing – 1 Contact hour
- **Case Managers**  
CCMC – 1 Ethics hour

\* Some states do not recognize Ethics hours for counselors. In those cases, contact hours will be awarded.

Attendance or applied credit certificate available for other credentials.  
**Please make sure to check with your own state board to ensure transferability of CE credit.**

## PRESENTED BY:



### **Jessica Patterson, LMSW, DSW**

Jessica Patterson, LMSW, DSW, is a licensed social worker with over 10 years of experience working in different systems. Jessica has a strong passion for teaching, training, and professional development. She also has a strong background around creating trauma-informed systems, social emotional behavioral health, and the implementation of community and individual support systems.

Jessica has created and facilitated many professional development trainings throughout her career. Jessica's role at CEU Creations includes developing curriculum, working with licensure boards, and presenting at various CE trainings.

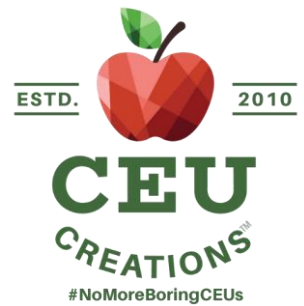
Jessica holds a bachelor's degree in organizational management and sociology from Ashford University. She received her Master of Social Work from the University of Iowa and her Doctor of Social Work from Capella University. Jessica is a licensed social worker through the state of Iowa. Jessica currently lives in Iowa with her husband, four children, two dogs, and cat! Any spare moment that Jessica has is usually spent running or reading!

*Thank you to our sponsors for their generous support!*

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at [support@ceuc creationsinc.com](mailto:support@ceuc creationsinc.com).

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## AGENDA (all times are Eastern)

11:45 a.m. – 12:00 p.m.	Log in and Virtual Networking
12:00 p.m. – 1:00 p.m.	Building Resilience and Ethics: Supporting Our Helping Professionals (prerecorded with a social worker proctor)

Since the pandemic, helping professionals have experienced record levels of burnout, stress, and compassion fatigue. While much training focuses on self-care, this training focuses on exploring the concept of resilience. During this special event created to support our helping professionals, participants will have the opportunity to learn about their own individual resilience through various exercises. In addition, we will explore the definition and four categories of resilience. We will also review our ethical obligations as helping professionals to build our own resilience around ethics of self-care and other critical principles, help our clients with their resilience, recognize warning signs that our tanks are low, and introduce tips and tricks to fill them back up. Participants will be able to walk through creating their own plan to build resilience and will leave with free tools to use both professionally and personally.

### By the end of the session, the participant will be able to:

1. Restate the definition of resilience and how we have an ethical obligation to ensure we are caring for ourselves.
2. Identify the four categories of individual resilience.
3. Identify strategies to build resilience with our clients and within ourselves as helping professionals.

*Course Interaction and Technical Requirements:* This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

*Per board rules to receive CE Credit you must log in on time, remain on for the entire training, and complete the evaluation at the conclusion of the event. Certificates will be available within 24 hours of the event.*

Target audience: Social workers, counselors, nurses, case managers, and other healthcare professionals.

**SOCIAL WORKERS:** CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/22/24-11/22/27. Social workers completing this course receive 1 Ethics continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 Contact hour.

**COUNSELORS:** 1 Ethics or 1 Contact hour.



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 Contact hour.

**NURSES:** 1 Contact hour. CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**Cancellation Policy:** Registrants **must** cancel via email at [support@ceucrationsinc.com](mailto:support@ceucrationsinc.com) (contacting other staff members/leadership does not guarantee your cancellation). No faxes or mail cancellations will be accepted.