

Mini-Course: SELF-CARE

CE Hours: 1

***Reading:
Pp. 203-212,
6-12***

Learning Goals:

1. Understanding of the relationship between self-care and ethical mistakes.
2. Increased ability to monitor self-care effectively.
3. Ability to identify causes and impacts of poor self-care.

Self-Study Practice:

1. Complete Self-Study Practice 1 on page 212.
2. Complete Self-Study Practice 3 on page 212 and referring to page 207.
3. Complete Self-Study Practice 4 on page 212 and referring to pages 203-204.

Assessment Questions:

1. Why is self-care an ethical issue?
2. Name 4 contributors to inadequate self-care?
 - 1.
 - 2.
 - 3.
 - 4.
2. What are 3 negative impacts of poor self-care?
 - 1.
 - 2.
 - 3.
3. Write up a simple action plan for Self-Study Practice 3.

Feedback

1. Please rate in terms of value: 1 (lowest) 5 (highest)
professional _____
personal _____

reading _____
self-study _____
questions _____

2. Please rate from 1 (lowest).....5 (highest)
- What was the degree of ease, if needed, in communicating with me _____
- What is the quality of reading materials (ie professional in appearance, accurate information, free of typos) _____
- Was there adequate support for the content questions _____
- Were the unit objectives supported by the home study materials _____
- Were assignments carried out in a private and secure manner _____
- Did the content lend itself to a home study format _____
3. How many hours/minutes did the following pieces take you?
- reading _____
- self-study _____
- questions _____
4. Anything else you'd like to say?
5. Your Helping Profession _____
6. Organization Requiring CEUs _____

Continuing Education

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