



## **Self-care for Helping Professionals: How best to care for your clients by caring for YOU**

Presented By: Ashley Garrett, LPC, EDS, RPT-S, NCC Friday, January 8th, 2015 600pm - 845pm

Living River Retreat on the Cahaba , Montevallo, AL

Clock Hours 2.5

**Program Content Description / Learning Objectives:** Participants will learn about best practices for reducing burnout in counseling field as reported by ACA Task Force on Wellness and Impairment. Participants will observe and practice self-care techniques including time management skills, consultation skills, and self-assessment skills. Participants will complete self-care assessment and strategies activity to gain understanding of self and areas to improve on.

2.50 Clock Hours

National Board for Certificate Counselors - Provider No. 6763

Association for Play Therapy - Provider No. 15-430

COST: 25.00

PREREGISTRATION IS REQUIRED by 01/04/2015 -

Seating is Limited and you must be registered for conference to attend

Register online at:

[https://docs.google.com/a/garrettcounseling.com/forms/d/1bRhCtT9j7U8ZvJMMLIDj3L8Z9\\_ZLJlz4Bd5DOOUuZWA/viewform](https://docs.google.com/a/garrettcounseling.com/forms/d/1bRhCtT9j7U8ZvJMMLIDj3L8Z9_ZLJlz4Bd5DOOUuZWA/viewform)



**NBCC Provider 6763**



**APT Provider 15-430**

\*Garrett Counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6763. Programs that do not qualify for NBCC credit are clearly identified. Garrett Counseling is solely responsible for all aspects of the programs. NBCC ACEP Provider No. 6763 \*Garrett Counseling is approved by APT to provide continuing education. Garrett Counseling maintains responsibility for this program and its content. APT Provider No. 15-430.

\*CANCELLATION POLICY: If you contact us before the program date, you may exchange for a certificate to attend another program or a tuition refund less a cancel fee. Occasionally, changes are made due to unforeseen circumstances or participant demand. While Garrett Counseling will do everything possible to ensure participant satisfaction, Garrett Counseling's liability is limited to the tuition fee only. If you cancel, three business days before the event, you will receive a full refund. Canceling in the last 72 hours, you will be charged a 25.00 cancellation fee. The remainder of the tuition will be refunded within 72 hours after you cancel your registration. Cancellation must be received in writing and can be faxed to 1-256-217-4162 or emailed to [garrett@garrettcounseling.com](mailto:garrett@garrettcounseling.com). If cancellation is not received in writing, you will be charged the full amount of tuition.



**Hands On: Play Therapy Techniques for Clients of All Ages**  
Saturday, January 9th, 2015 8:30 am - 7:30 pm  
Ashley Garrett, LPC, EDS, RPT S, NCC  
Living River Retreat on the Cahaba, Montevallo, AL  
8.00 Clock Hours

**Program Content Description / Learning Objectives:** Participants will learn 25 different techniques that work with different age groups (practice). Participants will observe, practice, and receive feedback in small group settings to assure learning of technique. Participants will learn how to develop specific play techniques that are based in theory and help to move client toward reaching clinical goals. Participants will learn about different counseling theories (theory) that are connected to play therapy including leading professionals in field of play therapy (history). Participants will learn how to use play therapy techniques in supervision setting (supervision).

8.0 Clock Hours (8 total hours quality for Play Therapy contact hours)  
National Board for Certificate Counselors - Provider No. 6763  
Association for Play Therapy - Provider No. 15-430

COST: 80.00

PREREGISTRATION IS REQUIRED by 01/04/2015 -  
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[https://docs.google.com/a/garrettcounseling.com/forms/d/1bRhCtT9j7U8ZvJMMLIDj3L8Z9\\_ZLJz4Bd5DOOUuZ\\_WA/viewform](https://docs.google.com/a/garrettcounseling.com/forms/d/1bRhCtT9j7U8ZvJMMLIDj3L8Z9_ZLJz4Bd5DOOUuZ_WA/viewform)



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## Treating Minors in Alabama: How to Be Ethical and Legal

Laura Browder, LPC, Leah Simmons, LPC, and Ashley Garrett, LPC, EDS, RPT S, NCC

Sunday, January 10th, 2015 830am - 1145am

Living River Retreat on the Cahaba , Montevallo, AL  
Clock Hours 3

**Program Content Description / Learning Objectives:** Participants will learn about using the ACA Code of Ethics and ABEC State Standards to assure understanding of ethics that guide counseling profession. Participants will observe and practice supervision group styles, practice using our model of supervision and consultation, and provide feedback to group members. Participants will explore different case studies that deal specifically with minors in Alabama.

3.0 Clock Hours (3 hours that are ethics)

National Board for Certificate Counselors - Provider No. 6763

Association for Play Therapy - Provider No. 15-430

COST: 30.00

PREREGISTRATION IS REQUIRED by 01/04/2015 -

Seating is Limited and you must be registered for conference to attend

Register online at:

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**NBCC Provider 6763**



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