



How to show yourself compassion: Get rid of barriers to self-care

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Abstract

Many mental health providers reported moderate or high burnout (Fradera, 2018). Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. As the stress continues, you begin to lose the interest and motivation that led you to take on a certain role in the first place.

The objections for this training: The Mental Health providers will learn the tools to help prevent burnout. The mental health professionals will learn based off research what causes burnout. The providers will leave more motivated to implement self-care.

Biography

Nancia Leath, is a Licensed Professional Mental Health Counselor (LPC) in the State of Georgia. She Leath is also a National Certified Counselor (NCC), a credential given by the National Board for Certified Counselors and Certified Professional Counselor Supervisor, provide supervision for students with Masters of Art degree and passed the national certified counseling testing. She is an Integrative Psychotherapist, which means that she utilizes a variety of orientations and therapies, according to the client's individual needs. She is an author of many self-help books. Owner of private practice, Inward Core Healthcare, Inc. Nancia combines her twenty years of clinical counseling expertise with her business knowledge to offer clients a unique perspective of problem solving.