

**A One Hour Seminar (One Continuing Education Credit)  
Sunday, May 20, 2007 - 4:00pm to 5:00pm**

Alaska Pacific University  
Carr-Gottstein Building

## ***Life Cycle of a Practitioner: Preventing Burnout***

Presented by

***Melba Vasquez, PhD***

Co-Sponsored by:

Alaska Psychological Association (AK-PA)  
& Alaska Pacific University

AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

### **About the Speaker**

Dr. Melba Vasquez is a psychologist in independent practice in Austin, Texas. She served as president of the Texas Psychological Association, past president of APA Divisions 35 (Society of Psychology of Women) and 17 (Society of Counseling Psychology), and as the first Latina member-at-large, APA Board of Directors. She is a Fellow of the APA and holds the Diplomate of the American Board of Professional Psychology. She is a co-founder of APA Division 45, Society for the Psychological Study of Ethnic Minority Issues, and of the National Multicultural Conference and Summit. She publishes in the areas of ethics, ethnic minority psychology, and psychology of women. She is co-author, with Ken Pope, of *Ethics in Psychotherapy & Counseling: A Practical Guide* (2007, 3<sup>rd</sup> edition) and of *How to survive and thrive as a therapist: Information, ideas and resources for psychologists in practice* (2005).

### **Presentation Summary**

This presentation will focus on our ethical responsibility to ensure our competence, which can be compromised if we neglect self-care. Failure to take care of ourselves can result in the experience of depletion, discouragement and burn-out, with negative consequences to ourselves and to consumers of our services. This workshop will identify causes, consequences of burn-out, and provide strategies for prevention. The goal of the presentation is to identify causes and consequences of burn-out, and to provide strategies for prevention. This presentation is primarily directed toward behavioral health practitioners who provide psychological services to consumers in any context.

### **Presentation Objectives**

- Learn/review the definition of burn-out
- Learn the causes of burn-out
- Address specific consequences of burn-out
- Learn how to prevent and manage burn-out, and promote self-care

### **Presentation Outline**

- I. The importance of self-care as ethical responsibility throughout the life cycle of the practitioner
- II. Definition of burn-out
- III. Causes of burn-out
- IV. Consequences of burn-out
- V. Preventing burn-out: good productive work; good mindset and attitudes; maintaining a strong sense of self; maintaining good relationships; leisure and stress management; maintaining a sense of spirituality (defined broadly)

## Fees and Registration Form

\*\*\*Please print out this form, fill in and mail in with your payment to: \*\*\*

AK-PA  
P.O. Box 241292  
Anchorage, AK 99524-1292

Or fax with credit card information to (907) 344-8878

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#### Workshop Fees:

AK-PA Members - \$25  
Non-AK-PA Members – \$40

Student AK-PA Members - \$5  
Non-AK-PA Students - \$15

#### Registration Information:

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Mailing Address (including city, state, and zip code): \_\_\_\_\_

Contact Phone & e-mail: \_\_\_\_\_

AK-PA Member? Y  N  Fee: \$ \_\_\_\_\_

Payment: \$ \_\_\_\_\_  Check (made out to AK-PA)  Visa  Mastercard

Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

REGISTRATION WILL ALSO BE AVAILABLE AT THE DOOR AT 3:30 PM