US 2 BEHAVIORAL HEALTH CARE INC

EVERYONE | HEALTHIER | TOGETHER

Ethics & Boundaries: Practicing Self-Care in An Era of Moral Distress

LEARNING OBJECTIVES

1. Define moral distress and learn how to recognize the stages of stress.
2. Recognize the practice of human services and its impact on moral distress and burnout.
3. Develop effective self-care strategies to mitigate burnout.
4. Utilizing the NASW Code of Ethics, navigate ethical dilemmas of self-care with integrity and resilience.

COURSE DESCRIPTION:

In today's complex and demanding human services landscape, practitioners often find themselves navigating ethical dilemmas and encountering situations that can lead to moral distress. This training course is designed to equip professionals in the human services field with the knowledge, tools, and strategies to address these ethical challenges while prioritizing their own well-being.

The course will provide guidance on maintaining healthy boundaries in client interactions, organizational dynamics, and professional relationships. Participants will learn how to navigate ethical dilemmas with integrity and compassion, while safeguarding their own mental health. Course objectives will be established through a combination of interactive lectures, group discussions, and practical exercises.

CONTINUING EDUCATION

University of Wisconsin Green Bay

Training workshops can be certified by UW Green Bay Continuing Education and satisfies continuing education requirements set by State of Wisconsin Department of Safety and Professional Services. Participants practicing as licensed Counselors, Social Workers and Therapists will receive 4 Continuing Education Hours (CEHs) or .4 Continuing Education Units (CEUs) upon completion of this course.

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