

ETHICS AND BOUNDARIES

COMPASSION FATIGUE, BURNOUT, AND SELF CARE – WHAT HORSES CAN TEACH US

As a mental health professional, are you feeling stressed about:

- patient demand exceeding your availability?
- increased caseloads?
- longer waitlists?

If so, your self-care has never been more important! Come join us to learn more about how to take care of yourself more effectively and how to set useful boundaries with the help of our horse herd.



IN THIS 6 CREDIT CEU EXPERIENTIAL ETHICS COURSE, THE HORSES WILL HELP US:



- Examine the importance of self-care practices
- Recognize the signs, symptoms, and impact of compassion fatigue/burnout
- Explore useful self-care self-assessments for clinicians
- Develop individual self-care plans
- Consider and apply appropriate ethical standards and ethical decision-making models that relate to compassion fatigue

BEVERAGES AND SNACKS WILL BE PROVIDED. BRING YOUR OWN BROWN-BAG LUNCH. CLOSED-TOE SHOES AND LONG PANTS ARE REQUIRED. HATS AND SUNSCREEN ARE ENCOURAGED.

INSTRUCTORS

SHARON GRADY, MA, LICENSED PROFESSIONAL CLINICAL COUNSELOR IN NM, trained Equine-Assisted Psychotherapist and Equine-Assisted Learning facilitator.

LYNDA MILLER, PH.D., Lifelong horsewoman; professionally trained Play Therapist and nationally Certified Clinician for individuals with communication challenges.

KAREN MOLONY, PATH Certified Instructor and PATH Certified Equine Specialist in Mental Health and Learning with a lifetime of experience with horses. She has been teaching at Cloud Dancers since 2006.



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CEUS	FEE
6 hours of ethics	\$300