

Conscious Self-Care

On-line videos approved for Contact Hours and CEUs

Live Event & Webinar Replay Videos

Expand Perceptions of Self-Care

Objectives

- Identify the difference between sympathetic resonance, forced resonance and entrainment
- Determine how your energetic presence affects those around you
- Evaluate simple self-care options, breathing techniques, and more
- Explore music as a self-care option, experience the difference between familiar vs. unfamiliar music and when to choose each type

Contact Hours Approved for Nurses and Social Workers

- Greater Kansas City Chapter of the American Society for Pain Management Nursing is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 2.7 contact hours applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing Provider Number: LT0279-0412 GKCC453.
- The State Committee for Social Workers has approved this course for 2 contact hours for Social Workers through the organization Care Choice Care Management, Chesterfield, MO

Cost

\$30 through Paypal
Certificates of Completion available



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Planning Committee

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Instructor

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www.ConsciousSelf-Care.com