

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

CEs Approved for PSYCHOLOGISTS and Licensed Persons whose licensing board accepts APA Sponsored Programs:

This program is cosponsored with The Center for Human Potential of America, Inc. The Center for Human Potential of America, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Human Potential of America, Inc. maintains responsibility for this program and its content. This course offering is approved for 2 CEs to psychologists and any mental health licensed person (i.e., clinical social worker, mental health counselor, marriage and family therapist) whose licensing board accepts APA sponsored programs.

Cost

\$30 through Paypal
Certificates of Completion available



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Planning Committee

Amy Camie, BA, CCM
Patricia A Dulle BSN, RN-BC, OCN, CHTP
Susan Signorino, LMSW, CMC

Instructor

Amy Came, Certified Clinical Musician

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