

NOVEMBER 17, 2023

10:00 - 11:30 AM

DOORS OPEN AT 9:30 FOR COFFEE & CONNECTING

**1.5
CEUs**



EMPOWERING MENTAL HEALTH PROFESSIONALS TO COMBAT BURNOUT THROUGH SELF-CARE & RESILIENCE

PRESENTED BY TANISHA MEDINA, MA, LMHC, MHP

Tanisha is a Licensed Mental Health Counselor and third generation Army combat veteran. She holds a Master of Arts in Counseling from Webster's University and a Master Resiliency Trainer Certification from the University of Pennsylvania. Tanisha is also an EMDR-trained clinician and a 200-hour certified yoga teacher. She has a variety of training and self-practice in trauma-informed yoga, mindfulness-based stress reduction, and self-compassion mindfulness. Tanisha has accumulated over 25+ years of proven experience in public service, speaking, leadership, communications, and team building.



With a passion for fostering positive changes, Tanisha had the privilege of serving as a guest panelist for influential events such as Reclaiming Melanin Wellness, Washington Association for Marriage and Family Therapy (WAMFT) conference, and the Steilacoom High School's Martin Luther King Assembly. Tanisha is currently serving on an advisory board for a Veteran Meditation Retreat in New Mexico, which is scheduled to take place in 2023. The retreat aims to facilitate the healing of 100 veterans, with a particular emphasis on indigenous and underrepresented veterans who have suffered traumas while defending our people and land.

LEARNING OBJECTIVES

1. Understand the causes and impacts of burnout in professionals.
2. Discover burnout assessments based on empirical evidence
3. Learn effective self-care strategies to prevent burnout and promote mental well-being.
4. Explore evidence-based techniques for managing stress and enhancing resilience.
5. Identify any unique risk factors that may be specific to certain disciplines, genders, or minority status.

**Live Event
In person &
on Zoom**

**TRINITY PRESBYTERIAN CHURCH /
BRYANT NEIGHBORHOOD CENTER
1615 6TH AVE | TACOMA 98405**

**Free for Members
\$20 for non members**

This workshop has been approved for 1.5 CEUs by the Washington Chapter of the National Association of Social Workers (NASW) for LICSWs and Associates, LMFTs and Associates, and LMHCs and Associates.

PCCA provider number is 1975-277.

www.pccawa.org