

# Learning to Balance Your Mental Health to Better Serve Others



## ABOUT THIS WEBINAR

When the world shut down due to the COVID-19 pandemic, mental health professionals stepped up. Not only did the pandemic alter mental health delivery models but it also complicated the struggle mental health professionals face to balance their personal and professional lives. For optimal personal and professional effectiveness, mental health professionals should continuously reflect on their own performance, set good boundaries, utilize coping skills, and remain self-aware, being alert for signs of burnout, compassion fatigue, and second-hand depression. During this webinar, we explore and reflect on what it can look like for the mental health professional, which can include other family support providers, to take care of themselves while working with service members and military families.

### Learning Objectives:

1. Discuss why mental health professionals need boundaries to be effective.
2. Consider the importance of self-awareness as a mental health professional.
3. Review the importance of using coping skills to manage feelings of stress.
4. Identify the difference between burnout, compassion fatigue, and secondhand depression.

## PRESENTER

### Tara Fox, Ph.D., LPC-S

*Assistant Professor Counseling*

*Clinical Mental Health Graduate Coordinator, Program Coordinator Clinical Mental Health,*

*West College of Education*

*Midwestern State University*

Dr. Tara Fox is currently an Assistant Professor, Program Coordinator, and Graduate Coordinator within the Clinical Mental Health graduate program at Midwestern State University in Wichita Falls, TX. She received her Ph.D. from Texas Tech University in Counselor Education and Supervision. Dr. Fox has presented and published on topics including bereavement, boundaries, burnout, compassion fatigue, counselor identity, integrated behavioral healthcare, integrated healthcare, mindfulness, online learning, rural counseling, secondhand depression, self-reflection, and telehealth counseling services. She is a Licensed Professional Counselor Supervisor (LPC-S) for the state of Texas. She is passionate about mental, physical, and emotional wellness in rural communities.

## EVENT PAGE

<https://oneop.org/event/151255/>

## CONTINUING EDUCATION

- Social Work, LPC, LMFT: Programming approval for 1.5 CE credits will be obtained for Social Work, Licensed Professional Counselors, and Licensed Marriage & Family Therapists from the University of Texas at Austin, Steve Hicks School of Social Work.
- Case Manager: This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 1.5 clock hours.
- Board Certified Patient Advocates: This program has been pre-approved by The Patient Advocate Certification Board to provide continuing education credit to Board Certified Patient Advocates (BCPA). The course has been approved for a total of 1.5 CE contact hour, of which 0.0 are in the area of Ethics.
- Certified in Family & Consumer Sciences (CFCS): This program is currently seeking approval of 1.5 CE credits from the American Association for Family and Consumer Sciences (AAFCS) for CFCS.
- Certificates of Attendance are available for providers interested in documenting their training activities.

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