

The Professional Training Institute presents:

# **Addressing and Treating our Clients' Perpetual State of Overwhelm**

*A Training for Counselors, Therapists,  
Social Workers, and Human Service Professionals*



Presenter: Renae Carapella-Johnson, LMHC, NCC

**Friday, May 15, 2020**

**9:00am-11:00am**

*Registration begins at 8:30am*

Location: Family Service Society, 280 Princeton Ave. Ext., Corning, NY

Cost: \$40/person (includes coffee, donuts, juice and 2.0 CE credits)

**SEATING IS VERY LIMITED - REGISTER EARLY!**

Between our political climate, world events, climate change, and the suffering and loss we are all exposed to through various media outlets, many of us seem to be living in a constant state of overwhelm. What we are exposed to that is happening around us, is in addition to what we are enduring with personal and work-related stress and trauma. This workshop will offer resources and strategies to enable helping professionals to support our clients who are deeply impacted by these multiple layers of stress. Many of us in the helping professions are also experiencing this same state of perpetual overwhelm. This allows us to connect with our clients, however, can leave us feeling 'stuck' in respect to how to support or guide clients when we are experiencing similar stress. This workshop will also provide helping professionals with an opportunity to reflect on their self-care habits and assess current level of burn-out. Strategies for helping professionals to implement that will improve their emotional health and capacity to support clients, will also be shared.

## **LEARNING OBJECTIVES**

- Learn strategies to support clients dealing with extreme stress and overwhelm
- Identify resources that can be beneficial to clients and clinicians on stress reduction
  - Assess personal self-care habits and level of burn-out

## **PRESENTER**



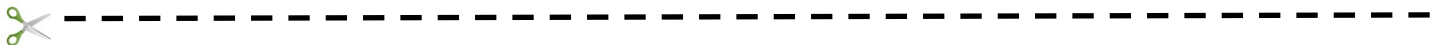
**Renae Carapella-Johnson** is a licensed mental health counselor and national certified counselor with extensive experience in individual therapy, crisis intervention and training. She recently opened her own private practice - *Ray of Light Counseling and Consulting* - in Savona, NY. She empowers individuals, utilizing a strength-based and person-centered approach. Renae has provided numerous trainings and workshops on mental health topics to community members and mental health professionals. Renae has expertise in the areas of suicide prevention and postvention and currently serves as an active volunteer with the Western New York Chapter of the American Foundation for Suicide Prevention in planning for the International Survivors of Suicide Loss Day Conference. Renae is an active member of the Steuben County Suicide Prevention Coalition, as well as a member of the Disaster Mental Health Team for Steuben, Chemung and Schuyler Counties.

## **CONTINUING EDUCATION CREDITS**

CE credit is available for New York LMSWs, LCSWs, LCATs, LMHCs, LMFTs, NBCC, Pennsylvania State Board of Social Workers, Marriage & Family Therapists and Professional Counselors, and NYS OASAS (pending approval).

## **QUESTIONS?**

Call Family Service Society, Inc. at 607-962-3148 or email Janalee Orfanides, PTI Coordinator, at [orfanidesj@familyservicesociety.org](mailto:orfanidesj@familyservicesociety.org).



## **REGISTRATION FORM - Friday, May 15, 2020**

**Rate:** \$40/person (includes coffee, donuts & juice, and continuing education credits)

**REFUND POLICY:** Full refunds will be given up until May 8, 2020. A \$15 administrative fee will be taken from refunds requested May 9-14, 2020. Refunds will NOT be issued for registrants who fail to show on the day of the training without any prior notification to the Family Service Society Professional Training Institute.

Name: \_\_\_\_\_

Indicate which of these licenses you hold (only if applicable):  LCAT(NY)  LMFT(NY)  LMHC(NY)  LMSW(NY)  LCSW(NY)

NY License # (if applicable - only for the licenses listed above): \_\_\_\_\_

Employer (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home/Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Payment Options:** Check (made payable to Family Service Society, Inc.), Money Order, Purchase Order, Voucher, or Visa/MasterCard.

### **FOR CREDIT CARD REGISTRATIONS**

Credit Card Type:  Visa  Master Card

TOTAL CHARGE AMOUNT: \$ \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Card Holder's Name: \_\_\_\_\_

Card #: \_\_\_\_\_

Signature: \_\_\_\_\_

### **Send Registration Form & Payment to:**

**FSS Professional Training Institute  
280 Princeton Ave. Ext.,  
Corning, New York 14830**

or

**[Register online at www.familyservicesociety.org](http://www.familyservicesociety.org)**