



Self-Care Leads to Enhanced Patient Care

Integrative Therapies to Address Stress & Anxiety

Wednesday, March 3, 2021 • 8 to 10 a.m.

Provided by distance learning from Samaritan at 3906 Church Rd., Mt. Laurel, NJ 08054

Presenters:

Kimberly Rumaker, LCSW, MSW
Joan Ordille, DSW, LCSW
Eva Russell, MSN-Ed, RN, CWS, CHPN, CLNC

Learning Outcomes:

Knowledge/Competence/Skill:

Upon completion of this educational activity:

1. Learner will explain one (1) integrative therapy for decreasing anxiety & stress.
2. Learner will differentiate anxiety & stress.
3. Learner will describe two (2) components of developing a self-care plan.

Requirements:

- Sign in—confirmed attendance with online presence.
- Provide professional license and e-mail address.
- Complete evaluation via e-mail.
- Complete 10-question post test.
- Specific for social workers:
A post test will be e-mailed/completed (10 questions) and needs to be sent back to Samaritan per the NASW guidelines for clinical content and social and cultural competence CE's with distance education.



"This course, "Self-Care Leads to Enhanced Patient Care-Integrative Therapies to Address Stress & Anxiety." This activity is pending approval from the National Association of Social Workers."

DISCLOSURE: Speaker has declared that they have nothing to disclose. COMMERCIAL SUPPORT: There is no commercial support for this activity. Samaritan is an independent, not-for-profit organization providing hospice care, palliative medicine and grief support services for people living in Atlantic, Burlington, Camden, Gloucester and Mercer counties.