

## BUT WHAT ABOUT YOU? HOW TO USE CURIOSITY TO EXAMINE CLINICIAN ANXIETY AND ITS IMPACT ON CLINICAL WORK

**JULY 21, 2022**

1:00 PM - 2:00 PM EST

### SPEAKER

**Laurie Damsky, PMHNP-BC**

Clinician anxiety is a very real, and often very uncomfortable, experience. Did I do a good-enough job assessing safety? Did I document the session correctly? Will I be held liable for anything? And yet, when we let these anxieties take over, we lose our ability to be curious, and when we lose curiosity, we also lose a moment of connection with the person sitting in front of us. We might even act hastily in ways that interfere with the client's autonomy and self-efficacy. Curiosity not only keeps us connected to our client in these moments, it also diffuses our own anxieties in and out of client meetings.

### AGENDA

1:00 - 2:00 Presentation and discussion

### COST

Although this course is being offered free of charge, registration is required. Attendees, however, may cancel their registration at any time.

### CONTINUING-EDUCATION CREDIT

This course provides one (1) continuing-education credit. Participants must attend the entire course and complete a course evaluation in order to receive credit. A certificate certifying continuing-education credit will be emailed three weeks after completion of the course.

### COURSE DELIVERY

This course will be an interactive live webinar presented via Zoom. Register [HERE](#)

### TARGET AUDIENCE

This is a beginning-level course designed for recent graduates (B.S.W. or M.S.W.) or individuals who have recently changed fields of practice.

### LEARNING OBJECTIVES

Upon completion of this course:

- Participants will learn how clinician anxiety can impact client's autonomy and self-efficacy
- Participants will learn about mentalization and how it increases curiosity in clients, clinicians and teams
- Participants will learn clinical supervision techniques that utilize curiosity to decrease affect in anxious clinicians

**For any questions, concerns or disability accommodations, please contact Gabe Dunn at [gdunn@ellenhorn.com](mailto:gdunn@ellenhorn.com) or (405) 626-2352.**



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