



Florida Counseling Association Webinar Series Presents:

COUNSELOR SELF-CARE AND RESILIENCE

Presented by:

Asha S. Dickerson, Ph.D. (Moderator)

Adler Graduate School



Raul Machuca, Ph.D.

Barry University



Rashida K. Fisher, Ph.D.

Adler Graduate School



Antwan Player, Ed.D.

Adler Graduate School



Webinar Overview: The purpose of this webinar is to discuss strategies for preventative work, the ethics of self-care, boundaries involved in proactive self-care, and the strategies involved in fostering counselor resilience.

Learning Objectives: At the end of this interactive presentation attendees will be able to:

1. To discuss what preventative work is for counselors
2. To review the ethics of self-care
3. To identify boundaries necessary for proactive self-care
4. To recognize strategies for fostering resilience as a Counselor

Date: December 3, 2020

**Time: 1:00 p.m. to 2:00 p.m.
(Eastern Time)**

Dr. Asha Dickerson is a National Certified Counselor, Licensed Professional Counselor, and Approved Clinical Supervisor. She is the Owner/Operator of AD Advantage Counseling & Education Services, LLC, and a core faculty member at Adler Graduate School.

Free for FCA members

Cost: \$5 for Non-members

Dr. Raul Machuca is an Associate Professor of Counseling. He is a Licensed Mental Health Counselor and a Qualified Supervisor in Florida. His professional and research interests include cognitive behavior therapy, resilience, multicultural issues, LGBTQ issues, and supervision.

**1 hour CE Available for NBCC
and Florida Board**

Dr. Rashida Fisher is a full-time core faculty and Program Chair. She is licensed in Minnesota as a Licensed Professional Clinical Counselor and Licensed Alcohol & Drug Counselor. She serves as the Professional Development Co-Chair for the Minnesota Counseling Association. Her clinical specialization is co-occurring disorders, culturally centered and trauma-informed care.

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Development**

Dr. Antwan Player is a full-time core faculty instructor of counseling. He is licensed in the state of Minnesota and Florida as a licensed counselor. Also, he is the Ethics Chair for the Minnesota Counseling Association and is a member of various organizations. His clinical philosophy focuses on helping individuals reach self-actualization through an Adlerian lens.

Questions? Contact

fcaoffice@flacounseling.org



The Florida Board of Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling have approved this course under continuing education provider BAP#50-15249 and the National Board of Certified Counselors Provider #2010 materials prepared for the Florida Counseling Association, 2750 Taylor Avenue, Suite A36, Orlando, FL 32806.