Self-Care as an Ethical Obligation: Surviving the Pandemic & Beyond

Self-care is an essential part of social work practice, but it is rarely addressed in practical terms. Without strategies for maintaining personal health and well-being, while caring for others, social workers are at risk for burnout, stress, and high turnover. This two-part program tackles the role of self-care in social work practice including stewardship, ethical responsibility, self-care practices, personal assessment, strategies for prioritizing self-care, and more.

Part I ~ Self-Care and the NASW Code of Ethics: This session focuses on defining self-care, reviewing trauma stewardship, and exploring our ethical obligation to implement self-care practices. Self-care is not only critical to our professional self but a requirement of our NASW Code of ethics. How do we care for others when caring for ourselves and the stressors of the world we live in is overwhelming?

Part II ~ Practical Strategies and the Ethical Obligation for Social Workers: This session takes a deeper dive into self-care as an ethical obligation for social workers and will help participants self-assess their current well-being, identify areas of personal and professional stressors, and connect with others self-care strategies. We will explore concrete strategies for self-care, work in small groups and create individualized self-care plans for use now and in the future.

Presenters
Wanda Anderson, MSW, LCSW, is a native of Northern Maine. She is an undergraduate of University of Maine at Orono and graduate of the University of Hawaii with her MSW in 1990. She has since worked as an administrator, advocate, clinician, and educator. She has been a field faculty member at the University of New England, MSW Program since 2003. Wanda is the Coordinator for Online Field Education and has presented extensively on Social Work Ethics, to include: Rural Social Work, Safety, Ethical Decision Models, and Ethical Supervision. She has resided in Georgia, South Carolina, Nevada, Hawaii, Augusta and Portland prior to moving back to Northern Maine.

Rebecca Diggins, MSW, LCSW, is a native of Southern Maine. She is a graduate of Boston University School of Social Work and has been a clinical social worker for over 14 years. Currently, Rebecca is a Field Practicum Coordinator at the University of New England’s Master of Social Work Online program. Her passion is to work with teens and adults and specializes in group work, grief and loss, and serious illness.

*This program is approved for CEUs by the Maine Nursing Home Administrators Licensure Board*