

## Holistic Care & Feeding of the Body, Mind, & Spirit

### About this Seminar

Target audience: Social workers and other social service providers

Content level: Beginner to Intermediate

Date Course Revised: January 2019

Instructor(s) name and bios(s): Amanda Murphy, RN

Amanda Murphy, RN shares her insights and experience of more than 40 years in the health-care field through informative, dynamic, thought-provoking workshops and coaching which invite participants to experience wellness. Having worked in many areas of health care, Amanda is able to bridge the divide between conventional and holistic/integrative health paradigms, empowering others with knowledge. Amanda's knowledge has come from many sources including personal experience, the best teacher. Her personal relationship with "dis-ease" and unenlightened care-givers has taught her the importance of self-care, stress management, and personal responsibility that lead to self-empowerment and wellness.

### Agenda/Outline:

|               |   |
|---------------|---|
| 9:30 - 11:00  | Presentation: Holism 101  |
| 11:00 -11:15  | Self-care break   |
| 11:15 - 12:45 | Presentation: Holistic Care & feeding of the Mind               |
| 12:45 -1:15   | Self-care break {lunch}   |
| 1:15 - 2:45   | Holistic Care & Feeding of the Spirit                           |
| 2:45- 3:00    | Self-care break   |
| 3:00- 4:15    | Presentation: Presentation: Holistic Care & Feeding of the Body |
| 4:15 - 4:30   | Summary, Q&A, Evaluations                                       |
| 4:30 - ?      | Practice, Practice, Practice! @                                 |

### Course Completion Requirements:

All learners are required to attend the entire workshop and complete an evaluation to receive credit for this workshop. The instructor will hand out a paper evaluation form at the end of the workshop. Attendees will need to turn in evaluation form when they sign out of the workshop to receive credit.

The learner will need to request an ASWB ACE Continuing Education Certificate from Boston University School of Social Work staff. A staff member will confirm attendance and will email a PDF certificate within 30 days of request to the learner.

### ACE Approval Statement:

Boston University School of Social Work, 1121, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory

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boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Boston University School of Social Work maintains responsibility for this course. ACE provider approval period: 11/8/2018 – 11/8/2021.

System Requirements:

Please visit the [BU IT Help Desk System Requirements](#) page to view system requirements.

For information about [refunds, cancellations, accommodations](#). To contact us, please email [pepssw@bu.edu](mailto:pepssw@bu.edu) or call 617-353-3756.