

### CORA Services

CORA is a multi-funded, community-based, non-profit agency, which offers professional services to children, youth and their families. Among the many services provided are: psychological and educational evaluations; speech and language services; individual, family, and group counseling; vocational and career counseling; remedial education; parent education; resource and referral assistance; job training and pre-employment skills. The service approach of CORA is based upon a belief in the value of the person, and appraising of the individual's unique potential for growth.

[www.coraservices.org](http://www.coraservices.org)

### Location of Programs

CORA SERVICES, 8540 Verree Road, Philadelphia, PA 19111. Directions from Roosevelt Boulevard (Rt. 1) - Traveling North on Rt. 1, turn left onto Rhawn Street (if traveling South on Rt. 1, turn right onto Rhawn Street). Drive approx. 1.5 miles and turn right onto Verree Road. After the third light make a left into the CORA Services driveway (there is a sign at the entrance). Park in the first lot on your left. Enter the Reception area and proceed to Conference Center. The CORA Building is wheelchair accessible.

### Continuing Education Credits

CORA Services, is approved by the **American Psychological Association** to sponsor continuing education for Psychologists. CORA Services maintains responsibility for the program and its content.

CORA Services is approved by the **Pennsylvania Department of Education** to sponsor continuing education for certification under Act 48.

The PA Board of Social Workers, Marriage and Family Therapists and Professional Counselors has approved the credit hours for this conference.

CORA Services has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5802. Programs that do not qualify for NBCC credit are clearly identified. CORA Services is solely responsible for all aspects of the programs.

CORA Services asks that participants attend the entire workshop and complete the evaluation form. Partial credits will not be awarded. Late arrival or early departure will preclude awarding of CE credits.

CORA SERVICES, INC.  
8540 Verree Road  
Philadelphia, PA 19111

***CORA SERVICES, INC.***

***Presents:***

***Our Ethical Mandate for  
Self-Care***

***Presented by:***

***Linda K. Knauss, Ph.D.,  
ABPP  
Professor, Institute for  
Graduate Clinical  
Psychology  
Widener University***

***On***

***September 29, 2023***



## Registration Form

Our Ethical Mandate for Self-Care  
Presented by Linda K. Knauss, Ph.D.,  
Widener University  
9/29/23 – 9:00 a.m. to 12:15 p.m.  
**Virtual Workshop**

Name:

Address:

Phone:

E-Mail Address:

Credits Applying for:

Act 48 CE Hours

Psychology Credits – 3.0 Ethics Credits

NBCC

SW, MFT & PC

Cost of Program –

Public: \$85.00

Former Staff: \$30.00

Staff: \$10.00

Pre-registration is required. Registration deadline is 9/22/23. Register online at [www.coraservices.org](http://www.coraservices.org) or send registration form by 9/15/23 with check made payable to CORA Services, Inc. to:

Ceil Hanas

CORA Services, Executive Offices

8540 Verree Road

Philadelphia, PA 19111

Phone (215) 701-2629

Email: [chanas@coraservices.org](mailto:chanas@coraservices.org)

*Cancellations made less than 72 hours before the program will NOT be refunded.*

For additional information contact:

[chanas@coraservices.org](mailto:chanas@coraservices.org)

## Our Ethical Mandate for Self-Care

Presented by: Linda K. Knauss, Ph.D., Widener University  
9/29/23 – 9:00 a.m. to 12:15 p.m.

**VIRTUAL WORKSHOP**

**Presenter:** is a Professor at Widener University's Institute for Graduate Clinical Psychology. She has served as the Chair of the Ethics Committees of the American Board of Professional Psychology, the American Psychological Association, and the Pennsylvania Psychological Association and as Co-chair of the Philadelphia Society of Clinical Psychologists' Ethics Committee. Dr. Knauss has authored several book chapters and journal articles on ethics and has taught ethics at many local universities as well as continuing education workshops on a variety of topics in ethics. She also maintains a private practice where she sees children, adolescents, adults and families.

**Purpose:** Self-care is a personal challenge and a professional mandate that every therapist must confront. Self-care is seldom taught in graduate school and too seldom discussed by professionals. There are many ways to promote self-care. This workshop will address self-care as an ethical imperative, the paradox of self-care, barriers to self-care, and research-informed methods of therapist self-care. Participants are invited to discuss their own self-care struggles and strategies as well as ethical dilemmas they have encountered.

**Intended Audience:** This program will benefit, Psychologists, Speech Therapists, Educators, Social Workers, Mental Health Counselors, Principals, Teachers, Occupational Therapists, Graduate Students, and other practitioners within mental health and education who provide direct services and/or parent/teacher consultation.

**Objectives:** As a result of this interactive workshop, participants will be able to:

1. Define self-care.
2. Identify the connection between effective self-care and ethical obligations, competence, and clinical effectiveness.
3. Describe three (3) healthy escapes that can benefit practitioner self-care.

**Schedule:**

8:30 Registration  
9:00 Conference Begins  
10:30 15 minute break  
10:45 Conference resumes  
12:15 Evaluation and conclusion

**Cost of Program:**

Public: \$85.00  
Former Staff: \$30.00  
Staff: \$10.00

**Credits Offered:**

- Act 48 3.0
- Psychology credits 3.0 (Ethics Credits)
- NBCC 3.0
- SW, MFT & PC 3.0