



TRAUMA IN THE WORKPLACE

As a result of the pandemic, Workplace Trauma is more recognized across many fields of employment, not just as an expected side effect limited to essential workers. This workshop will provide an overview of Workplace Trauma to counselors and mental health providers. Discussion will include the 3E's of Trauma, highlighting key elements of micro and macro contributing causes and exploration of strategies to address and lessen impact through a wellness lens.

Attendees of this workshop will 1) Identify common symptoms of Workplace Trauma 2) Discuss the 4 R's and potential impact of Workplace Trauma 3) Formulate solutions to manage and treat Workplace Trauma for clients

Friday, March 3, 2023

Live Via Zoom
12-1:00pm EST

1.0 NBCC Clock Hour

MCA Students \$5
MCA Prof/Life Members \$15
MCA Non-Members \$22

Registration Link:

<https://mdcounseling.org/event-5146845>



Mautez Bethel, LCPC
Presenter

Mautez Bethel is a Licensed Clinical Professional Counselor and Board Approved Supervisor in the State of Maryland. She completed her graduate studies at Marymount University in Arlington, VA obtaining a Master of Arts in Clinical Mental Health Counseling. She completed her undergraduate studies at The Pennsylvania State University, obtaining a Bachelor of Arts in Political Science with two minors in Women Studies and African American Studies. Mrs. Bethel is experienced with children, adolescents and adults in both community and clinic based settings. Currently, she owns and operates Therapeutic Freedom, a private practice in Prince George's County, MD, focusing on various levels of trauma impacting Women of Color.

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The Maryland Counseling Association, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2021. Programs that do not qualify for NBCC credit are clearly identified. Maryland Counseling Association is solely responsible for all aspects of the programs.

Refund Policy: As a 501c(3) non profit organization, the Maryland Counseling Association, Inc. uses all the funds to support the mission, vision, purpose and needs for counselors in the State of Maryland. Therefore, all registration fees are final and non-refundable.