

Counseling Psychology PhD Program Presents:

Self-Care & Mental Health Professionals in the Face of COVID-19

<https://andrews.zoom.us/j/496920613> | Wednesday, April 22 at 1:00pm

CHECK IT OUT!

Mindfulness and acceptance-based trainings for fostering self-care and reducing stress in mental health professionals: A systematic review

(Rudaz, M., Twohig, M. P., Ong, C. W., & Levin, M. E., 2017)