



# 2023 NEBRASKA COUNSELOR CAFE

As mental health counselors, we first attend to ourselves, our needs, our own safety to be fully present and available for the children and families we are serving. For this series we are offering a space to focus on attunement and regulation within ourselves. Join us in 2023 as we support each other and prioritize our own wellness. This time will be interactive to help us pause and reflect on our own needs, identify what we need to integrate for our own wellness, and allow space to grow together. We want to honor the clinical work that you are doing by supporting and joining with you in these free, virtual webinars.

## **MARCH 31** **THE PRACTICE OF BEING PRESENT**

Presented by:  
**JODY ANGEL-TREJO, MS, NCC, LIMHP**  
Midwest Encouragement and  
Counseling Center

This presentation will strengthen the ability of the therapist to deeply hear and track their client's emotional states. It will be a safe, reflective process that allows clinicians to also explore and honor their own process.

## **AUGUST 4** **CULTIVATING SELF-COMPASSION AS A HELPING PROFESSIONAL**

Presented by:  
**DR. HOLLY HATTON, PHD**  
UNL Extension

This session will consist of small group discussion, activities, and lecture to facilitate increased mindfulness and ways to protect oneself from high stress and burnout. Participants will learn mindfulness skills that may help to stay aware, present, and less judgmental.

## **DECEMBER 1** **CARING FOR YOURSELF SO YOU CAN CARE FOR OTHERS**

Presented by:  
**CARRIE GOTTSCHALK, MS, LIMHP**  
Private Practice

Our time together will provide an opportunity for helping professionals to connect, discuss, learn, and practice whole mind & body self-care through mindfulness-based strategies and practices.

Sessions will be held virtually via  
Zoom from 9 to 10:30 am (CT).

For more information and to register, visit  
**[NEBRASKABABIES.COM/EVENTS](https://NEBRASKABABIES.COM/EVENTS)**



NEBRASKA RESOURCE PROJECT  
FOR VULNERABLE YOUNG CHILDREN



CENTER ON CHILDREN,  
FAMILIES, AND THE LAW



Early Childhood Mental Health  
Community of Practice