

Oct. 19, 2007

News media calls to David Hass at (630) 682-7979, ext. 7374.

## **Still time to register for self-care presentation: “Leaving it at the office”**

There is still time to register for the self-care presentation “Leaving It At the Office: Clinician Self-Care,” sponsored by Mental Health Services at the DuPage County Health Department on Oct. 25 at The Abbington on Butterfield Road in Glen Ellyn.

The daylong program includes breakfast, lunch and six continuing education credits. The registration fee is \$149. Call the health department at (630) 682-7400 (Sandra, ext. 7607) for information and registration.

The presenter is Dr. John Norcross, co-author of “Leaving it at the office: A guide to psychotherapist self-care.” Norcross is an internationally recognized authority on behavior change and psychotherapy. He has co-written or edited 16 books.

Mental health professionals often forget to take care of themselves in their quest to help clients. This workshop offers 12 self-care strategies that are clinician-recommended, research-based and practitioner-tested.

*“We promote health, prevent illness and provide quality service”*