

## GCSA Presents:

# *Self-Care for the Counseling Trainee with Jaci Shoen*

*Tuesday, September 22, 7:00 PM in the Titan Student Union, Tuffree AB*

### What is “self-care”?

- What is it?
- What makes it so important in this field?
- Which of your fun activities can you transform into taking care of yourself?



### Our Speaker: Jaci Shoen, LMFT

- Cal State Fullerton Department of Counseling Alumna (class of 2012)
- She is currently in private practice, but has worked with a wide variety of populations.

Join GCSA as Ms. Shoen presents her take on the importance of self-care in the counseling profession. This is an indispensable and invaluable skill to learn, and something that every one of us should practice often. This is a chance to get some fresh ideas and to recommit to taking care of yourself so you can be the best therapist possible.

*The first step to helping others is taking care of yourself.*

