

# Trickle-Down Somatics: Dancing Through Clinician Burnout in “Unprecedented Times”

Wednesday, March 25, 8:30PM – 9:45PM EDT

## PRESENTATION DESCRIPTION

Participants will review the related concepts of burnout, vicarious trauma, and countertransference. Participants will engage in experiential, creative prompts to explore how burnout and support are currently impacting their work. Participants will assess the structures that contribute to their capacity positively and negatively. Participants will evaluate what changes may need to be made for optimally working in the current environment, including awareness of nutritional, movement, and sensory needs. Participants will use movement and drawing to explore the needs they have and will walk away with a micro-plan for longevity in their careers.

## LEARNING OBJECTIVES

1. Determine clinician's risks for professional burnout and vicarious trauma
2. Strategize clinician's somatic self-care and support plan
3. Identify overlapping risks to burnout to include nutritional deficits and neurodivergent needs

## CONTINUING EDUCATION

1.25 ADTA, 1.25 NBCC

## PRESENTER INFORMATION



**Lauren Peterson, MS, BC-DMT**, is a Chattanooga-based dance/movement therapist. Lauren has worked with eating disorders, trauma, and substance use disorders for the last 15 years. Through working in residential, partial hospitalization, and intensive outpatient settings, Lauren learned valuable skills to prevent professional burnout. She now loves to share those somatic skills with other practitioners to support them in longevity in their careers. Within the last few years, Lauren's lived experience with ADHD and Autism have shaped the way she approaches currently approaches clinician burnout. Lauren served on the Souther Chapter board and recently ended her term as Treasurer on the national board.