



*illuminating Relevant Clinical Issues  
& Networking with Colleagues*

**SELF-CARE 101: THERAPY FOR THERAPISTS**

Self care and personal therapy are two important overlapping concepts for new as well as veteran therapists. Whether you want to avoid burnout or understand any sources of countertransference that you may face, taking care of yourself and engaging in your own therapy are vital parts of your own psychological well-being. In this presentation, Melanie Coughlin will examine key issues and techniques of self care and what to look for when seeking your personal therapy.

**Friday, December 3, 2010**  
**7:00-9:00 PM, 3rd Floor, Room 324/326**  
Networking Begins at 8:30 PM  
Pepperdine University - Irvine Graduate Campus



**Melanie Coughlin, LMFT**, is a Licensed Marriage and Family Therapist with a private practice in Laguna Hills where she works with children, adolescents and adults on a variety of clinical issues. She is an adjunct professor in the MA Psychology program at Pepperdine University where she currently teaches Interpersonal Skills & Group Therapy and Professional Law & Ethics. Her areas of interest include anxiety, depression, trauma, personal growth, and spirituality.

If you are unlicensed, you may be able to get hours towards licensure with your clinical supervisor's approval! This is a FREE event! Please RSVP to Kathleen Wenger at [psyprofdev@pepperdine.edu](mailto:psyprofdev@pepperdine.edu).