

## Building Your Ethical Self

This concrete and lively seminar explores the origins of our personal ethics, along with ways to use our ethics in working with clients. Using a model for thinking about ethics in a practical, real-world action-focused manner, this lively seminar uses lecture, video and personal reflection activities as building blocks to renewed self-awareness of personal ethical behavior.

Knowing when - or how - to do the right thing has never been easy. Behaving ethically is even harder in today's fast-paced world of fluid values and changing social climate. The increasingly present expectation to tweak personal ethics in service of compassion, workplace requirements, cultural issues or sheer mental/physical exhaustion further complicates the dilemma of knowing when - and how to do the right thing.

Beginning with a new way to look at ethics-in-practice, participants will discover a fresh awareness of their own ethics and will gain practical tips for ethical behavior that promotes common ground. Concrete techniques for behaving ethically in an increasingly fragmented world, without compromising personal values, will be presented.

This is not your usual ethics seminar! Come prepared to participate and have fun.

### Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Identify the difference between legal issues and ethical issues;
2. Use a three-part model to resolve ethical issues with all populations, inclusive of culture, age and socioeconomics;
3. Identify three stages of power and how to move between them, as a means of measuring ethical development;
4. Use the relationship of hidden values in personal, cultural and clinical settings to promote ethical development; and
5. List at least three reasons why one - and five -minute activities promote ethical development.

### Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin: 10 AM ET  
Introductions  
Expectations  
Defining Professional Ethics  
The difference between Legal and Ethical  
The Case of the Three Dimes  
What vs Why  
A Model for thinking about Ethics  
Professional Practices  
Clinical policies that reflect professional ethics  
Personal Values  
Three types of Power  
Break: 11:30- 11:45 ET  
Pulling it all together  
When this won't work with clients  
Strategies for helping others to become more ethical  
Setting the stage with kindness and happy stories  
One to five minute activities  
Clinical practices that promote professional ethics  
Putting it all together  
The Magic Monastery  
End: 1:15 ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Shannon M Burns is a consultant and trainer on ethical issues, public engagement, corporate consultation and personal wellness. Dr. Burns currently works in an environmental agency that offers many opportunities to clarify ethical values. Prior to her current work, Dr. Burns worked in the addiction treatment industry and as a consultant on ethical issues for businesses, counseling organizations and educational institutions. As an award-winning ethics professional and a former elected official who used ethical principles to work across party lines to accomplish her goals, Dr. Burns holds an MBA and a Doctorate in adult education and is uniquely qualified to speak about ethical communication, especially as it relates to development of the ethical person.

### General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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