

**Registration for
Let's Undress Stress
\$80**

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Balin and Associates

P.O. Box 403

Yellow Springs OH 45387



Phone number for questions/cancellations

937-478-4958

Message or call if a credit card invoice is preferred.

Please send this information via email in that case.

Confirmation will be mailed or e-mailed to you upon receipt of registration information and payment.

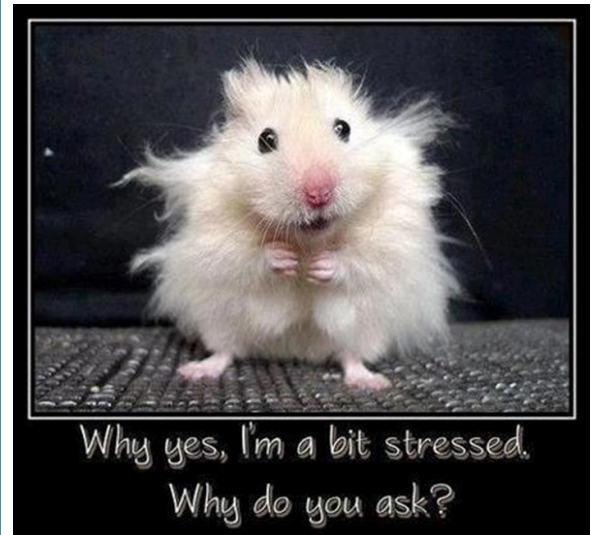
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*Balin and Associates
P.O. Box 403
Yellow Springs, OH 45387
(937)478-4958*

**CONTINUING
EDUCATION**

Let's Undress Stress



*Why yes, I'm a bit stressed.
Why do you ask?*

Webinar

You will log in from your own device.

Access links will be provided when you register.

PURPOSE

This workshop will assist participants in the understanding of the various symptoms and chronic manifestations of stress and their common sources. Stress affects all clients and families in their abilities to cope with and implement skills to deal with the problems and dilemmas they may face. The professional will be aided to explore the role of attitudes and perceptions in the development and management of stress and responses to it - including how to effect change and teach these skills to clients in varied and effective methods. This will help participants understand the need to help others develop the inner resources to apply and strengthen the ability to manage stress in their lives more healthfully and productively. By further understanding the on-going impact that stress has on peoples' lives and the importance of developing adaptive strategies participants will be better equipped to assist the individuals that they are engaged with toward safer and more positive behavior and development.

OBJECTIVES

Upon completion of this program participants will be able to:

- *Identify major concepts, manifestations and definitions of the stress-response phenomenon*
- *Relate the importance of attitudes and perceptions to the development and management of stress*
- *Identify positive coping mechanisms and stress management techniques that can be used to deal with and alleviate stress – and how best to convey and teach these to clients and families*
- *Identify the impact of stress on safety issues and concerns*

ABOUT THE SPEAKER

Marcella Balin, RN, BSN

Marcella Balin is a well-known and highly regarded educator and presenter. She is an independent nurse entrepreneur and lecturer with forty-plus years of experience.

She began her nursing career in Brooklyn, NY and spent a decade moving into the field of education. She parlayed years of widely varied teaching experience into a career of independent teaching and presenting.

Her BSN is from Wright State University in Dayton, and she brings years of ongoing professional education in human and organizational development to her workshops. She is a very energetic and dynamic speaker.

CONTINUING EDUCATION

6.0 Hours approved for:

- **Counselor and Social Worker Continuing Professional Education (by the Ohio CSWMFT Board)**
- **Nurses-The Ohio Board of Nursing accepts Continuing Education events approved for Social Workers for Continuing Nurse Education.**
- **Registered with the Accountancy Board of Ohio CPE.181**
- **BELTSS #41635-SS-24**

► Cost \$80

Registration is not complete without payment.

Workshop materials and access links will be sent to participants when registration is complete.

Feel free to call with any questions as the Webinar format is new to many of us.

If you prefer to pay with a credit card—please message your registration information by email and request an invoice or call 937-478-4958