



SELF-CARE TAKES COURAGE!

**FEBRUARY 17, 2022 4:00-7:00 PM CST -
LIVE ON ZOOM AND
ASYNCHRONOUS VIEWING FOR 30 DAYS!**

The nature of our work can be mentally, physically, spiritually, and emotionally taxing. As such, developing our own self-care practices to combat burnout is paramount. Our society stresses the importance of caring for ourselves, but how do we put it into practice? Through the lens of Acceptance & Commitment Therapy, this presentation breaks down what self-care is (and isn't!) and outlines strategies that we as caregivers can employ to "fill our own cups" in order to live a life we truly value. This is an interactive workshop designed to assist providers in exploring their own self-care perspectives and practice.

Objectives:

- Understand the origins of the term self-care.
- Articulate personal and professional actions that align with the value of self-care.
- Exposure to tools to explore your own personal and professional values.
- Identify at least two (2) practical recommendations for applying self-care in your own life.

Dr. Cirincione-Ulezi is a Board Certified Behavior Analyst, with a Doctorate degree in Education from Loyola University of Chicago. She holds a Master's degree in Special Education from the University of Illinois at Chicago, and a Master's degree in Educational Leadership from the American College of Education. She is a graduate of the Infant Studies Specialist program at Erikson Institute of Chicago. In addition to her BCBA credential, she is an Illinois licensed special education teacher and an Illinois Early intervention provider and State evaluator. Professionally, she has served as a special educator, clinician, educational administrator and professor of special education.



Nasiah Cirincione-Ulezi, Ed.D., BCBA



Alison Beauvais Caris, BCBA, LPC

Alison Beauvais Caris is a passionate wife, partner, voracious reader, karaoke junkie, Board Certified Behavior Analyst, and Licensed Clinical Professional Counselor, with two tiny humans who call her mom. Originally from Detroit, Michigan, she moved to Chicago to pursue her love of theatre and serendipitously discovered the world of behavior analysis. Ali earned a Master of Arts degree in 2011 in Clinical Psychology with specializations in both Applied Behavior Analysis and Counseling. Since then, she has developed extensive experience working with adolescents and adults within the neurodiverse community.

3 BACD CEU's or 3 PD Hours

Self-Care Takes Courage Live online - Recording Available Asynchronously
Featuring Alison Beauvais Caris and Nasiah Cirincionne-Ulezi
February 17, 2022 - 4:00 - 7:00 pm on Zoom.us



Organization/School _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Fax: _____

Name/Position: _____

Email: _____

IL ASCD Membership # _____ IEIN # _____

If you need to add more names, please duplicate this registration form.

Early Bird
Until 12/30/21
____\$125

IL ASCD
Member
____\$150

1 Person
Each
____\$199*

2 People
Each
____\$179**

3 People
Each
____\$169**

Full-Time Student/
Retiree
____\$99.

* Includes Membership

** 2 or more attendees from the same school district/organization.
Does not include membership.

Conference Fees \$ _____

IL ASCD 1 year Membership Fee (add \$49) \$ _____

Total Registration Fees \$ _____

Registration deadline is February 10, 2022. A \$15.00 fee will be charged for cancellations made in writing prior to the deadline. No refunds will be given after the deadline. Confirmation will be sent via e-mail after your registration is processed. Registrations can be transferred to another individual by faxing information to 309-438-5364 or by emailing dscowde@ilstu.edu.

Payment Information:

(Payment or purchase orders MUST accompany registration form)

____Check made payable to Illinois State University enclosed

____Purchase order ENCLOSED. Purchase order #: _____

____Charge Credit Card: __Master Card __Visa __Am/Ex __Discover
Account Number _____

Expiration: (Month/Year MM/YY) _____ and _____ 3 Digit CVV code _____

Name on Card _____

**Illinois ASCD is a CPS
Approved Provider: #24595**

How to register:

Online: Use your Visa, MasterCard, Discover, or American Express card at <http://www.illinoisascd.org>

Call: 800-877-1478 or 309-438-2160,

Mon. - Fri. 8:00 a.m. - 4:30 p.m. and use your Visa, MasterCard, Discover, or American Express.

Mail: Send completed form with check or copy of PO to: **IL ASCD Self-Care**— Illinois State University, Conference Services, Campus Box 8610, Normal, IL 61790-8610.

Fax: Fax completed form to 309-438-5364 using your Visa, MasterCard, Discover, or American Express or a copy of school P.O.

