



Co-Sponsored by PLTC and Deer Oaks:

Increasing Self-Care Through Nature Contact

Presented by Paula Hartman-Stein, Ph.D.

Date: **Friday, August 6, 2021**

Time: **3:00 pm - 4:30 pm EDT**

While coping with their own stress during the pandemic, psychologists have been treating people with anxiety, depression, grief, addictive behaviors and other psychiatric symptoms heightened by the isolation and real-life dangers of Covid. In order to be optimally effective, psychologists need to be aware of their own stress and engage in healthful practices to renew their energy and vitality. Even as the country opens up, stress levels will take time to reduce to become more manageable.

Journaling, engagement in the arts, meditation, and yoga are examples of practices well-known for their stress-reducing benefits. Nature contact is another viable method not given as much recognition as a healthful practice. This free webinar will highlight the evidence that contact with Nature increases physical and emotional well-being, creativity, and attention.

Learning Objectives:

1. Explore the evidence for the association between nature contact and cognitive, emotional, and physical well-being.
2. Analyze the theories as to why Nature can either attract or repel.
3. Develop examples of nature-based behavioral health interventions for adults in the community and in long-term care settings.

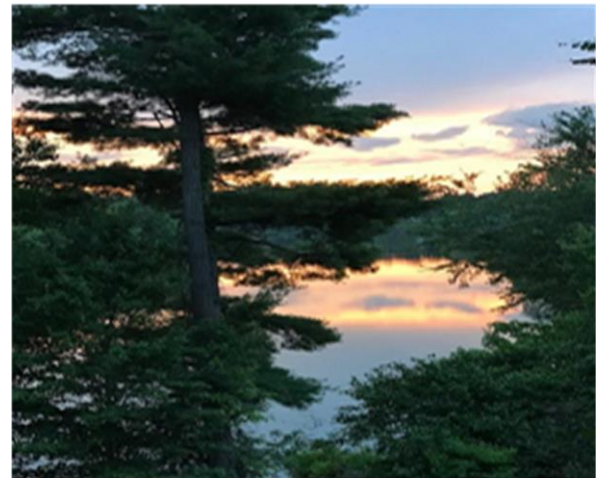
CE Credit: 1.5 CEs are available for attendees who are present for the entire program and complete a post-program evaluation form.

For additional information, please contact: Lisa Lind at llindphd@deeroaks.com

To Register: <https://attendee.gotowebinar.com/register/2100183073970132748>

After registering, you will receive a confirmation email containing information about joining the webinar.

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Paula Hartman-Stein, Ph.D. is a nationally recognized geropsychologist, educator and journalist. She has edited two books, *Enhancing Cognitive Fitness in Adults* and *Innovative Behavioral Healthcare for Older Adults*, written book chapters & academic journal articles. Paula has over 30 years of experience in direct patient care and has academic appointments at the University of Akron and the Integrated primary care certificate program at the U of Massachusetts Medical School. She has conducted expressive writing workshops in nature settings for over 10 years. Recently she produced a series of webinars-on-demand on maintaining brain health, offered through her website, www.centerforhealthyaging.com.

Paula is a Fellow in APA division 12 and 20 and past president of the Society of Clinical Geropsychology. In 2018 she received the APA award for distinguished professional contributions to independent practice.

Dr. Hartman-Stein has not received any commercial support for this program or its contents and will not receive any commercial support prior to or during this program.