

**Counseling Psychology  
PhD Program presents:  
“The Brown Bag”**



**Thursday, September 19th  
“Self-Care: From Graduate  
School to Professional Life**

**Presented by:**

**Nicole Knapp**

**Room 161, 12:30**

**COME & JOIN THE DISCUSSION!**

Prolonged deficiency in self-care strategies puts counsellors and psychotherapists at risk of burnout and compassion fatigue.

Click [here](#) to check out the following article: Measuring relationships between self-compassion, compassion fatigue, burnout and well-being in student counsellors and student cognitive behavioral psychotherapists: A quantitative survey.

*Counseling and Psychotherapy Research, 16(1), 15-23.*