

Be True to You: Professional Identity & Self-Care Strategies for the School Counselor

What does it mean to be a professional school counselor? How do PSCs get back to the business of counseling? Stress and burnout are prevalent among school counselors due to the confusion about the role of the school counselor..... but they don't have to be. This session will address the confusion and the stress, refocus and renew your energy. Learn about advocating for yourself and participate in self-rejuvenating activities you can also use with students.

Dr. Tammy Davis is an Associate Professor of Psychology in the School Counseling program at Marymount University in Arlington, VA. She began her 20+ career in education as a 1st and 2nd grade teacher in Asheville, North Carolina. Dr. Davis was an elementary and high school counselor for nine years in Manassas, Virginia. Her professional positions have included being President of the Virginia Association for Counselor Education & Supervision and she is a Past-President of the Virginia School Counselor Association. Dr. Davis has presented many workshops locally, regionally, and nationally on a number of topics in school counseling, including developing resilience, handling perfectionism, the power of positive thinking in working with students, and school counselor self-care. Her publications include a book entitled *Exploring School Counseling: Professional Practices & Perspectives* (2005) and book chapters on counseling suicidal children and group counseling in schools. Dr. Davis is an ASCA Model trainer and has been a featured speaker at several state conferences. In 2007, she was named the Counselor Educator of the Year by the American School Counselor Association and is one of the team writers for the *ASCA National Model Workbook* (2nd edition).