



It's Bigger Than Burnout: Naming the SPIN That Keeps Us in Hustle Mode

Continuing Education for Mental Health Clinicians

CE hours are only awarded for instructional time, late arrivals or early departures will not be awarded CE hours

Designed for LMFTs, LPCCs, LCSWs, and LEPs of all levels, this course moves professionals beyond a traditional lens of workplace burnout by addressing the SPIN (Shame, Pressure, Isolation, and Neglect) cycle that keeps us in hustle mode. Participants will build a shared language for recognizing how chronic stress and systemic pressures shape professional capacity, while developing practical skills to navigate overwhelming demands. By exploring inclusive wellness frameworks and response pathways, attendees will learn to identify individual, team, and organizational supports that foster sustainable wellbeing and empower educators and mental health providers to better support their students and communities.

By the end of the workshop, participants will be able to:

- * Identify the four components of SPIN and describe at least one way these patterns can contribute to chronic stress, shame, or unsustainable responses.
- * Apply the SANE process to a current or hypothetical professional demand by naming the context, capacity, next realistic step, and at least one support or adaptation needed.
- * Differentiate among the three response pathways and select at least one pathway for responding to a current professional demand.
- * Identify at least two individual, team, or organizational conditions that can support sustainable practice, workforce wellbeing, and student and community support.

Upon completion of the course and evaluation you will receive a Certificate of Completion through email. If you do not receive your Certificate of Completion within ten business days, please email CEU@WellnessTogether.org

Instruction Provided by:

Portia Jackson Preston, DrPH, is an Associate Professor of Public Health at California State University, Fullerton, author of *Hustle, Flow, or Let It Go?*, and founder of Empowered to Exhale. She has over 20 years of experience in public health and more than 10 years of experience teaching in higher education. Dr. Preston brings a special emphasis on helping educators, mental health providers, leaders, and student-support professionals recognize warning signs of the hustle and identify sustainable practices and supportive strategies at the individual, team, and organizational level.



1.0 Hour Available | No Additional Cost

CE hours are included for registered conference attendees who attend the course. No refunds will be provided. A CE certificate will be awarded at no additional cost to registered attendees present for the entirety of the course after completion of the course quiz, evaluation, and other required parts of the course.

For Accommodations or Grievances, please email CEU@WellnessTogether.org

Course meets the qualifications for 1.0 hour of Continuing Education Credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

Wellness Together, Inc., Provider #141369, is approved by the California Association of Marriage and Family Therapists to sponsor Continuing Education for LMFTs, LCSWs, LPCCs, and LEPs. Wellness Together maintains responsibility for this course and its content.

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