Implementing Evidence-Based Wellness Practices for Counselors to Mitigate Long-Term Professional Burnout

**References**

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Wellness has been engrained within counseling since the beginning of the profession and has been considered a difficult aspect of the lifestyle within mental health professionals; however, the field still has high burnout levels. (Puig et al., 2012). To further prevent burnout or compassion fatigue, it is suggested that wellness become an integral part of early counselor development to strengthen a sense of self-awareness, higher adaptation skills, and knowledge with supports for an improved symptomology of professionals growing within the field (Blount & Mullen, 2015). Applying this knowledge through synchronous and asynchronous opportunities virtually with self-care videos available to students, self-care expressive arts night with supervisors of many backgrounds who may be CSI members of many chapters, and implementing these opportunities throughout the course of early counselor training can help increase the accessibility of these supportive resources. Participants will learn how CSI chapters can help support counselors-in-training begin self-care practices earlier in their counseling careers when there is much support through faculty and universities.