

Boundaries & Burnout: Protecting Your Passion as a Helping Professional

presented by

Justine McGowan, LCSW

Justine McGowan is a Licensed Clinical Social Worker and Lead Behavioral Health Clinician in the Young Adult Services Program at the Institute of Living. She provides developmentally attuned, trauma-informed care for young adults, specializing in identity development, empowerment, self-esteem, and expressive arts interventions. Justine's clinical approach emphasizes creating a safe, affirming, and collaborative space where clients can explore their identity, build confidence, develop healthy boundaries, and cultivate resilience in the face of life's challenges. An experienced group facilitator, presenter, and mentor, she is dedicated to fostering growth, self-expression, and professional development among both clients and emerging clinicians while promoting ethical, reflective, and sustainable social work practice. Committed to modeling holistic wellness, Justine has been a Zumba instructor for 15 years and integrates movement- and expressive-based self-care strategies into her clinical work when appropriate, helping clients engage mind, body, and creativity to support personal growth, emotional regulation, and overall well-being. She was named Institute of Living's Employee of the Month in November 2024 and was the recipient of the Institute of Living's Linda J. Stacy Service Excellence Award in 2017 for her compassion and dedication to improving the quality of interactions with patients and families.

3/19/2026 12:00:00 PM

<https://hartfordhealthcare.zoom.us/j/93993036595>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Identify and describe risk factors for compassion fatigue and burnout.*
- 2. Apply boundary-setting strategies to enhance professional well-being.*
- 3. Evaluate ethical implications of boundary erosion and impairment.*

Accreditation: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCM), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum **1.25 ANCC** contact hours.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Justine McGowan, LCSW: Nothing to disclose - 05/22/2025

