



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Alexis Overstreet

Alexis is a Licensed Clinical Social Worker, recovered burnout, and has 6 years of practicing, coaching, and speaking about self-care for therapists. In the areas of body-based mental health, she has 3 years of coaching and speaking about healing from and reducing burnout for CEO therapists who are scaling their practices and/or building multiple streams of income. Her training and practices of transformation include: Certified Brainspotting Practitioner and Consultant, TRE Certified Provider (Trauma Release Exercises), Level 2 MELT Method Instructor, Level I Internal Family Systems Practitioner, and Interpersonal Neurobiology Practitioner. It is her absolute JAM to meet CEO therapists (and digital CEOs alike) at the intersection of running and operating traditional practices while scaling to revolutionary wellness brands!



Courses

Creating a Self-Care Plan You'll Actually Follow
The Self-Care You're Already Doing

Resources

1. Cohen, J. (2021). Essential Oils to Boost the Brain & Heal the Body.
2. Bercelli, D. (2015). Shake It OFF Naturally: Reduce Stress, Anxiety, and Tension.
3. Fenster, D. (2020). Free Your Fascia.
4. Cohen, D., MD, & Bria, G. (2018). Quench: Beat Fatigue, Drop Weight, and Heal Your Body Through The New Science of Optimum Hydration.
5. Rosenberg, S. (2017). Accessing the Healing Power of the Vagus Nerve: Self Help Exercises for Anxiety, Depression, Trauma, and Autism.
6. Miller, J. (2023). Body by Breath: The Science and Practice of Physical and Emotional Resilience.
7. Nagoski, E, Nagoski, A. (2019). Burnout: The Secret to Unlocking the Stress Cycle.