



NOT BORING CE'S  
CONTINUING EDUCATION  
FOR THERAPISTS

# Maggie Holland

Maggie Holland is a Licensed Mental Health Counselor in the state of Washington. She has been practicing since 2018 and currently works in her own private practice. She specializes in working with women that struggle with anxiety, burnout, people-pleasing, perfectionism and perinatal concerns. She also has extensive experience working with survivors of narcissistic abuse and dysfunctional family dynamics. When she's not working you can find her cuddled up with a book and her two large dogs, Dipstick and Doodle.



## Courses

The Mental Load  
The Ethics of Humor in Session

## Resources

1. Fair Play Book/Cards - Eve Rodsky
2. Emotional Labor by Rose Hackman
3. Fed Up by Gemma Hartley
4. <https://www.jstor.org/stable/800538>
5. [https://link.springer.com/article/10.1007/s11150-022-09642-6#:~:text=Employed%20mothers%20with%20children%20under,et%20al.%2C%202020a\).](https://link.springer.com/article/10.1007/s11150-022-09642-6#:~:text=Employed%20mothers%20with%20children%20under,et%20al.%2C%202020a).)
6. <https://www.tandfonline.com/doi/full/10.1080/1550428X.2020.1862012>
7. <https://www.sciencedaily.com/releases/2015/05/150507081739.htm>