

Connection Through Compassion for Self and Others:

*Reaching and Teaching
the Hearts and Minds
of Those We Serve*



Join us as we explore cognitively and experientially the three components of Self-Compassion: Loving Kindness, Mindfulness and Common Humanity. Bringing these three components to awareness can serve to transform negative thinking, judgments, and conscious/unconscious biases we may hold into affirmations of love, caring and respect for self and others.

What participants can expect to learn:

- To define Mindful Self-Compassion and Compassion for Others
- To describe how Mindful Compassion Awareness can address meeting Basic Core Needs and healing Core Wounds
- To explore the Neuroscience within Compassion Focused Therapy and Mindful Compassion Awareness.
- The differences between sympathy, empathy, and compassion, and how these influence our effectiveness as providers.
- To introduce and practice experientially several Mindful Compassion Exercises and Practices

Presenter:

Roseann Cervelli
MS., LCADC, CCS, CPS

Sept. 23, 2020
via Zoom

10:00-11:30 AM

FREE Presentation

*1.5 Professional
development credits
provided*

To register, contact Gretchen Craig at gcrraig@co.somerset.nj.us
Login information will be emailed prior to the workshop

*A Collaboration of the **Somerset County Youth Services Commission**
and **Central Jersey Family Health Consortium***

