



RECONNECT

CBCT® Compassion Training



Emory Nursing
Professional Development Center
17 Executive Park Drive NE, Suite 650
Atlanta, GA 30329

This multi-part training, centered around an immersive 2-day workshop, provides the full Foundation Course in CBCT® (Cognitively-Based Compassion Training), a research-based method for cultivating well-being through a series of focused reflective practices. Developed at Emory University, CBCT® fosters a compassionate commitment to self and others and has been found beneficial by many health professionals seeking to build their resiliency, improve relationships, or simply foster the value of compassion in a sustainable way. This offering is tailored to the professional and personal challenges faced by nurses. Participants will learn practices to support well-being while minimizing the negative impact of stress, empathetic fatigue, and secondary trauma.

CBCT®

COMPASSION TRAINING for NURSES and OTHER PROVIDERS

Providing 20 CNE Credits

PART ONE: ONLINE VIDEOS

2 hours: Intro class videos at your own pace at least 1 week before the workshop.

PART TWO: WORKSHOP IN PERSON AT EMORY

See date options below. Lunch and snacks provided each day. Due to COVID-19, workshop may be online.

8:00 am - 5:00 pm Saturday

8:00 am - 2:00 pm Sunday

PART THREE: ONLINE VIDEOS AND SESSIONS

4 hours: Mix of recorded classes and conference calls, to be scheduled within 1 month after the workshop.

UPCOMING WORKSHOP (Part Two) OPTIONS

SUMMER 2020: July 25-26

Registration deadline: July 17

FALL 2020: October 24-25

Registration deadline: October 16

To register, please contact the
CENTER FOR CONTEMPLATIVE SCIENCE & COMPASSION-BASED ETHICS

<https://tinyurl.com/CBCTforNurses>

Email: CBCT@emory.edu

Phone: 404-727-8166

Course fee: \$175