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: ONLINE WORKSHOP
Workshop will be held via Zoom and require participants to have access to a computer.

Saturday, October 24 – Sunday, October 25
9:00 am – 3:00 pm EDT Daily

PART THREE: ONLINE VIDEOS AND SESSIONS
4 hours: Two recorded classes and two 45-minute long conference calls, to be scheduled within one month after the workshop.

UPCOMING 3-PART COURSE
FALL 2020: October 24-25
Registration deadline: October 16

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.

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