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