

MINDFULNESS AND SELF-COMPASSION FOR WORKING PARENTS:

Practical tools to prevent Parental Burn Out and cultivate therapeutic presence amid COVID-19 crisis.

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ESPYR

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COST \$75 5 CE Core Hours Approved by the LPCA of GA

Due to high interest, the workshop will be offered twice.
Please confirm your attendance to ONLY ONE of the following dates:

Friday 4th December 2020

Friday 11th December 2020

DURATION: 5 hours (12 pm - 5pm EST)

To register: <https://espyr.com/learning-development-events>

Being a Parent AND a Clinician amid a global pandemic can be extremely challenging. If you are a Mental Health professional working remotely with your clients and taking care of your kids, chances are that you often feel overwhelmed and exhausted.

When your main focus is to support others, you may find yourself struggling with your unattended needs and difficult emotions, such as loneliness, anger, guilt, anxiety and grief. If you are overly selfcritical or perfectionistic, this can increase your levels of suffering and lead to Burn Out, reducing your effectiveness in your sessions and your loving presence with your kids at home Based on Research from Dr Kristin Neff, Dr Chris Germer (US) and Professor Paul Gilbert (UK), you will learn practical insights, guided meditations, and helpful tools you can start using right now to incorporate mindfulness and compassion into your roles as Parent and Therapist, Counselor, Social Worker, Psychologist or Clinician.



LEARNING OBJECTIVES:

- Learn the benefits of mindfulness and self-compassion for Caregivers in current times of COVID-19.
- Identify blocks and resistances to cultivate self compassion.
- Understand how self-compassion can become an antidote to hurtful self-talk, self criticism, shame and guilt in caregiving roles.
- Teach participants self compassion techniques to alleviate empathic distress when working with clients.
- Learn key practices to cultivate therapeutic presence in your sessions and prevent Parental Burn Out.
- Teach participants emotional regulation tools to deal with stress derived from reconciling parenthood, clinical work, self-care and a pandemic.