

Caring for Me Is Caring for Others: Essentials of Mindfulness and Self-Care in a Jewish Context

Participants will benefit from the following outcomes, which will in turn support more effective clinical interventions:

- A deepening of present-moment non-judgmental awareness of self and others
- Increase in compassion and empathic curiosity for self and others
- Improvement in overall sense of wellbeing
- Greater resiliency in the face of challenging circumstances
- The ability to assert loving, firm boundaries grounded in discernment and compassion
- Reduction in job-related stress and anxiety; increase in job satisfaction and motivation
- Decrease in reactivity; increase in self-regulation, responsiveness, and discernment
- A deeper sense of interconnection with colleagues and clients

This training includes:

- An 8-week opening study and practice course on mindfulness and self-care in a Jewish context
- An 8-week course of study and practice on integrating mindfulness in a Jewish framework into clinical interventions
- A workbook of essential texts, tools, practices, and skills to support your personal practice and deliver mindfulness to clients

Interim practice support through:

- Monthly chevruta (partner) study and practice check-ins with a member of the cohort
- Monthly spiritual direction with Compassion Project staff
- Recorded guided meditations
- Tools for tracking your personal progress
- Availability of faculty by email for consultation
- A community of practice to support your personal growth and learning
- An immersive residential weekend practice retreat

**Open to social workers, clinicians,
case workers, and administrators at
Chicagoland Jewish social service
agencies**

The Orot Compassion Project



Caring for others is hard work...especially when we're feeling overtaxed and under-resourced. We need concrete tools to care for ourselves so we can be more present, centered, empathic, and discerning when we support others during their time of need.

To support Jewish social-service providers, the Orot Compassion Project offers a yearlong course of study and practice

Through this immersive yearlong course of study and practice designed to develop mindfulness-based skills in a Jewish framework, participants will acquire:

- A concrete toolkit for self-care at home and at work
- Confidence at administering mindfulness-based clinical interventions in a Jewish framework
- A supportive and safe community of compassionate colleague-practitioners
- A deeper connection to Judaism as a source of wisdom and support during difficult times

**Sponsored by
Orot: Center for New Jewish
Learning**

www.orotcenter.org

Orot: Center for New Jewish Learning offers classes, programs, and retreats that provides opportunities for cultivating transformative habits of body, heart, and mind that lead to greater life wisdom, meaning, and compassion. Orot designs learning experiences that integrate ancient Jewish wisdom with meditation, yoga, music, art, and creative writing in an attempt to empower and support individuals as they open up new pathways into Jewish meaning and look to use Judaism as a source for personal, relational, and communal transformation.

**For more information
please email Orot:
orotchicago@gmail.com**

Important Dates

Fall 2017 8-week course on mindfulness and self-care in a Jewish framework:

Monday mornings

Oct. 16, 23, 30, Nov. 6, 13, 20, 27, Dec. 4
8:30 - 10:00 am

Winter 2018 residential retreat at Camp Chi:
Thursday, Feb. 22nd - Sunday, Feb. 25th

Spring 2018 8-week course on integrating mindfulness in a Jewish framework into clinical interventions:

Thursday mornings:

April 12, 19, 26, May 3, 10, 17, 24, 31
8:30 - 10:00 am

Location for Fall course:

JCFS Cooper Center - 3145 W. Pratt, Chicago

Participant Cost for clinicians at social service agency: \$100

Cost to Social Service agency: \$250

Cost to independent practitioners: \$350

Register by September 20th, 2017

Information at: www.orotcenter.org

**24 CEU's available for this
yearlong course**

**Course will be co-taught by
Rabbi Sam Feinsmith. Ellen Rosen-
Kaplan, LCSW, and David Gottlieb**



Sam is one of the cofounders of Orot. Additionally he works for the Institute for Jewish Spirituality, has served as a consultant on a number of cutting-edge projects related to prayer, spirituality, and education and has conducted Jewish meditation workshops and retreats for children, teens, and Jewish educators and community leaders.

Ellen Rosen Kaplan is a licensed clinical social worker in practice for 35 years. She received her master's degree in social work from Yeshiva University. She has a well established psychotherapy practice.

Ellen has decades of experience practicing meditation and studying spirituality. In 2015, Ellen became certified from the Jewish Institute for Spirituality as a Mindfulness Meditation teacher. She also teaches meditation through Orot: A Center for New Jewish Learning.

Ellen's passion is integrating the applications and wisdom in Jewish sources into her meditation and psychotherapy practices.



Born, raised and educated in Chicago, Laurie attended Northwestern University as a Communication Studies major and the University of Chicago, earning a Master's degree in Social Service Administration. Laurie is a psychotherapist in private practice. Over the past twelve years she has practiced yoga and meditation and completed the Institute for Jewish Spirituality's Jewish Mindfulness Meditation Instructor training program in 2015. She is married with three sons. We like to hike, bike, travel and eat!