



LAUREL PSYCHODRAMA TRAINING INSTITUTE

HOLISTIC • INTEGRATIVE • EXPERIENTIAL



***The Heart is Like a Garden:
Helping Clients Cultivate the
Seeds of Self-Compassion***

Sunday, July 17 – 9:15 am-5:15 pm
7.0 CEs/ABE Training Hours
Investment: \$195

A growing body of research (Gilbert, 2013; Neff, 2013; Neff & Germer, 2018; Neff, 2020) points to the power and effectiveness of cultivating self-compassion as an antidote to difficult states, such as anger, fear, grief and shame.

Developing the intrapersonal connections and communications necessary for cultivating self-compassion requires learning and practice. In this one-day workshop, we introduce the *yin and yang of self-compassion* through the lens of *role theory*.

Participants learn how to help clients develop the six roles of self-compassion through the phases of: role perception (including somatic/kinesthetic perception); role-taking; role-playing and role-creating.

The workshop is highly experiential, demonstrating how participants can use psychodramatic role-play to teach these important behaviors and skills to their clients and others they serve.

To register: Send an email to: cathynugent@verizon.net.
You will receive a link to register and submit payment.
The workshop is limited to no more than 12 participants,
so please register early.