

Healthy Empathy: How to Give without Giving it All Away

Continuing Education Credit Information

This event is co-sponsored by R. Cassidy Seminars

866-992-9399 X105 ▪ 707-566-7470 X105

Fax: 707-566-7474 ▪ www.rcassidy.com

Course Information

Target Audience

Healthy Empathy is intended for students, elders, youth, artists, counselors, healthcare professionals, highly empathic people, or people who are struggling with emotions or empathy.

5.5 hours of CE Units are available to Nurses, Social Workers, Psychologists, Counselors, MFTs, Chemical Dependency Counselors, and Educators.

Location/Date(s)/Times

Seattle: East West Bookstore on Saturday, September 24, 2016 – 10:30am to 5:30pm

Boulder: Naropa University on Saturday, October 22, 2016 – 10am to 5pm

Course Description

Participants will explore the *Six Essential Aspects of Empathy* model developed by Karla McLaren, M.Ed., and will learn many ways to access empathy in their workplace and in their lives. This fully realized model makes all of the processes in empathy easily accessible and manageable – and it makes workplace empathy intentional, sustainable, and healthy.

This workshop will focus on healthcare professionals, but include the empathy work people do at home as well. Participants will learn how to maintain and skillfully manage their empathy in challenging situations and in the presence of intense emotions. They will also learn specific practices, communication skills, and self-care skills to nurture healthy empathy at work, at home, and in all of their relationships – so that they can avoid empathic burnout and maintain their well-being and productivity in any environment.

Course Objectives

Participants will learn about:

- Strategies to create and sustain healthy empathy in your work.
- Specific, step-by-step development of the *Six Essential Aspects of Empathy*.
- Focused strategies to engage or disengage specific aspects of empathy, depending on your situation and requirements.
- A clear understanding of emotion work and its effect on empathy, communication, productivity, and health.
- Skills and awareness practices to help your empathy thrive in challenging situations.
- Communication techniques to help make your empathy intentional, sustainable, and healthy.
- Practical skills to cultivate and support an emotionally well-regulated workplace.

Agenda

Note to participants: This agenda contains the outline of the topics that will be covered; however, the order and duration of each topic may change based on the needs and understanding of the participants.

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Seattle: East West Bookstore on Saturday, September 24, 2016 – 10:30am to 5:30pm

10:30am to 11:30am: Overview of the *Six Essential Aspects of Empathy* model
11:30am to 12:30pm: Introduce Self-Empathy and Self-Care practices
12:30pm to 1:30pm: LUNCH
1:30pm to 2:30pm: Deeper Inquiry into specific workplace empathy requirements
2:30pm to 3:30pm: Focus on healthy workplace supports for sustainable empathy
3:30pm to 3:45pm: BREAK
3:45pm to 5:00pm: Self-care and empathy education and activities
5:00pm to 5:30pm: Review and discussion about practice and tangible applications

Boulder: Naropa University on Saturday, October 22, 2016 – 10am to 5pm

10:00am to 11:00am: Overview of the *Six Essential Aspects of Empathy* model
11:00am to 12:00pm: Introduce Self-Empathy and Self-Care practices
12:00pm to 1:00pm: LUNCH
1:00pm to 2:00pm: Deeper Inquiry into specific workplace empathy requirements
2:00pm to 3:00pm: Focus on healthy workplace supports for sustainable empathy
3:00pm to 3:15pm: BREAK
3:15pm to 4:30pm: Self-care and empathy education and activities
4:30pm to 5:00pm: Review and discussion about practice and tangible applications

Presenter Biographies

Karla McLaren, M.Ed. is an award-winning author, social science researcher, and empathy pioneer. Her lifelong work focuses on her grand unified theory of emotions, which revalues even the most “negative” emotions and opens startling new pathways into self-awareness, effective communication, and healthy empathy. She is the founder and CEO of Emotion Dynamics LLC and the co-creator of the Healthy Empathy™ training program for health and healing professionals.

Karla also developed the groundbreaking *Six Essential Aspects of Empathy* model that makes all of the processes in empathy easily understandable, accessible, and attainable. This fully realized model teaches people how to access, develop, and manage their empathy intentionally.

Karla is the author of *The Art of Empathy: A Complete Guide to Life's Most Essential Skill* (2013), *The Language of Emotions: What Your Feelings are Trying to Tell You* (2010), and the multi-media online course *Emotional Flow: Becoming Fluent in the Language of Emotions* (2012). She is also a Certified Human Resources Administrator and a Certified Career Testing and Guidance Facilitator. Her interests include occupational sociology, linguistic anthropology, neurodiversity, and disability rights.

Tino Plank, MA, MSN, RN has advanced degrees in nursing and multicultural spirituality, as well as an extensive background in program development and process improvement. His varied and dynamic experience helps him identify the empathy-work requirements in care environments, and develop sound practices to support healthy empathy for everyone.

Tino is a former nursing faculty member at the University of San Francisco where he was at the forefront of integrating healthcare innovation into practice.

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Tino currently works as a nurse educator in end-of-life care, and previously as a hospice grief counselor. In those roles, he has witnessed both the beauty and the down-side of empathy: Empathy can empower caring interactions, yet if it isn't healthy and intentional, it can contribute to professional burnout.

For over twenty years, Tino has worked with Karla McLaren to develop the Dynamic Emotional Integration® process. He has also been an instructor in classrooms and on-line environments for over ten years, and he is the co-creator of this Healthy Empathy™ training program for health and healing professionals.

Costs/Registration Information

Seattle on 9/24/16: \$95 for the one-day workshop. Advance online registration at:
<http://emotiondynamics.org/healthy-empathy-in-seattle/>

Boulder on 10/22/16: \$105 for the 1-day workshop. Advance online registration at:
<http://emotiondynamics.org/healthy-empathy-in-boulder/>

CE Credits Available

5.5 credit hours for Nurses, Social Workers, Psychologists, Counselors, MFTs, Chemical Dependency Counselors, and Educators (see below), based on attendance for both days.

Cancellation/Grievance Policies

Cancellation: If paid participants cannot attend one or both days of this workshop, and they notify the workshop leaders within 3 weeks of the workshop, they will receive a refund minus a \$25 processing fee. After that date, no refunds will be given, though participants will have the option of crediting a part of their registration fee to another workshop or offering of Emotion Dynamics LLC.

Grievances: Staff and management of Emotion Dynamics LLC are dedicated to professional, inclusive, accessible, legal, and ethical practices. Grievances of any nature can be handled informally through verbal communication, or can be submitted in writing within 30 days of the workshop to info@emotiondynamics.org or to PO Box 2234, Windsor, CA 95492. Grievances will be handled with the utmost concern for the dignity and autonomy of the aggrieved party.

Continuing Education Credit Designation Statements

Satisfactory Completion

Participants must have paid the tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

Psychologists

R. Cassidy Seminars is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. **5.5 CE hours.**

Social Workers

R. Cassidy Seminars, ACE provider #1082, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) Program. R. Cassidy Seminars maintains responsibility for the program. Approval Period: April 15, 2015-April 15, 2018. Social workers should contact their

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regulatory board to determine course approval. Social workers participating in this course will receive **5.5** continuing education clock hours.

CA: The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those approvals under Psychologists and Social Workers

NY: R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider (#0006) of continuing education for licensed social workers. This program is approved for **5.5** contact hours live.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **5.5** clock hours, #RCST110701.

Counselors/Marriage and Family Therapists

CA: The Board of Behavioral Sciences has deferred CE course approvals to APA and ASWB for its licensees. See those approvals under Psychologists and Social Workers.

Other States: If your state is not specifically listed, nearly all state Counselor and MFT boards accept either APA or ASWB approval, or are reciprocal with other state licensing board approvals, such as those listed below. Check with your board to be sure. The Ohio Board includes Counselors and MFTs.

IL: Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #168-000141. **5.5** CE hours.

OH: Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **5.5** clock hours, #RCST110701

TX: Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. **5.5** CE hours. Provider #151

Chemical Dependency Counselors

CA: Provider approved by CFAAP/CAADAC, Provider #4N-00-434-0218 for **5.5** CEHs. CAADAC is an ICRC member which has reciprocity with most ICRC member states.

TX: Provider approved by the TCBAP Standards Committee, Provider No. 1749-06, **5.5** hours general, Expires 3/31/2017. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (512) 476-7297.

Educators

IL: Provider approved by the Illinois State Board of Certification #080304164719171 **5.5** CE Hours

TX: R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is **5.5** CE Hours.

Nurses

CA: Provider approved by the CA Board of Registered Nursing, Provider #CeP12224, for **5.5** contact hours. Some state nursing boards are reciprocal. Check with your licensing board to be sure.

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Disability Access

If you require ADA accommodations please contact our office 30 days or more before the event. We cannot ensure accommodations without adequate prior notification.

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Please Note: Licensing Boards change regulations often and while we attempt to stay abreast of their most recent changes, if you have questions or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.