

PROFESSIONAL DEVELOPMENT WORKSHOPS FOR EDUCATORS



Trumbull County Educational Service Center in conjunction with
PsychEdWorkshops and Ashland University present:

Mindfulness, Empathy and Compassion Fatigue: A “Resilience” and Empowerment Guide for Teachers, Counselors and Psychologists

Stress, empathy/compassion fatigue, and burnout exist on a spectrum. All professionals experience stress and can learn self-care techniques to dissipate its effects. When stress begins to take a toll, we move into a state of depletion called empathy/compassion fatigue. This class is designed to help you identify and understand the difference between pity, empathy and compassion and mindfully integrate the concepts to build resilience and inner resources as you re-energize yourself so you can “be your best” for your students and clients. In this workshop, you will learn that the understanding and positive integration of the mind-body connection will promote a “state of flow” and a sense of physical, emotional and psychological health. Concepts that will be reviewed and discussed include: the biopsychosocial model of adaptive competence, mindfulness, brain anatomy, homeostasis, breath-work, understanding the difference between a “fixed” and “growth” mindset, learn to develop a “self-trusting” mindset, classroom interventions and more. Case studies with helpful suggestions and classroom activities for enhanced learning will also be discussed. Required audio CD (available first day of class for \$14.95): “*Guided Integrative Mindfulness Meditations*,” Michael S. Prokop, audio CD, ISBN: 0-933879-55-5, also available at www.amazon.com. Not required but suggested reading, “*Zen and the Art of Happiness*” by Chris Prentiss, ISBN: 978-0-943015-53-8. Also go to www.PsychEdWorkshops.com for comprehensive PESI lecture schedule and the Empowerment: Symptom Alleviation link.

Wednesday, Feb. 19, 2020 4:00-9:00pm & Saturday, Feb. 22, 8:00am-5:00pm Trumbull Co. ESC (by Marcs/Planet Fitness) Conference Room E, 6000 Youngstown-Warren Rd, Niles, OH 44446.

***1 Graduate Credit Hour \$340; Audit/public registration fee for non-credit participants, \$140.**

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Graduate Credit and Audit Registration* Wed, Feb.19 (first night of class) Graduate credit students-payment by check/credit card (all major credit cards accepted) to Ashland University; Audit students checks payable to Alegria House.

***Pre-registration required** e-mail Michael Prokop at mprokop@kent.edu or call/text **330.766.2492** (Provide: name, address, phone number, e-mail) **Space is limited, pre-register early, class open to public.**