



**RECONNECT**  
CBCT® Compassion Training

**Emory Nursing Professional Development Center**  
17 Executive Park Drive NE, Suite 650  
Atlanta, GA 30329-2227

**CBCT®**

**COMPASSION TRAINING FOR NURSES**

**Providing 20 CNE Credits**

PART ONE – ON LINE

2 hours: On-line intro classes at your own pace. To be completed before May 15

PART TWO - IN PERSON \*

**Saturday-Sunday, May 19-20, 2018**

8:00 am -5:00 pm Saturday

8:00 am - 2:00 pm Sunday

*Lunch and snacks provided each day.*

PART THREE – ON LINE

4 hours: Mix of recorded and live on line classes. To be completed between May 21 and June 10. Each live session will be offered multiple times to facilitate ease of attendance.

**REGISTRATION DEADLINE: MAY 13**

*This multi-part training, centered around an immersive 2-day workshop, provides the full Foundation Course in CBCT® (Cognitively-Based Compassion Training), a research-based method for cultivating well-being through a series of focused reflective practices.*

*Developed at Emory University to support people from any or no faith tradition, CBCT® fosters a compassionate commitment to self and others and has been found beneficial by many professionals seeking to build their resiliency, improve relationships at work and home, or simply foster the deeply human value of compassion in a sustainable way.*

*This offering is tailored to the professional and personal challenges faced by nurses, and participants will learn a complete sequence of practices to support well-being while minimizing the deleterious impact of workplace stress, empathetic fatigue, and secondary trauma.*

To register, please contact the  
**EMORY NURSING PROFESSIONAL DEVELOPMENT CENTER (ENPDC)**

<http://www.nursing.emory.edu/enpdc/index.html>

Email: ENPDC@emory.edu

Phone: 404-778-4067

Course fee: \$425

**CBCT®** (Cognitively-Based Compassion Training) uses analytical mental exercises (i.e. contemplations or meditations) to progressively foster compassion through a process that begins with the stabilization of attention and awareness of one's mental activity—what many people think of as 'mindfulness.' With increased calmness of mind, the practitioner can cultivate a greater sense of closeness and connectedness with others, strengthening compassionate concern while avoiding related distress from empathic fatigue. The practices support the growth of a number of mental states and behaviors valued across cultures and with research-based benefits such as kindness, gratitude, generosity, and warm-heartedness. The fundamental premise is that compassion is a skill that can be developed and expanded in a sustainable way to benefit both self and others.

**Part One:** The initial on-line video modules provide an overview to CBCT® and teach short, introductory, reflective practices that students can try out on their own before the intensive weekend, ideally daily. These two hours of coursework should be completed by May 15. Additionally, students should provide a brief video or written introduction by May 13 and post to the Canvas learning platform.

**Part Two:** Each day of the intensive weekend begins with a light breakfast served from 7:30-8:00 on both days. Please arrive in time to begin the class promptly at 8am. Lunch will be served on both days with an afternoon coffee and tea break on Saturday. Over the course of the weekend, you will be introduced to additional practices, the science underpinning them, and their potential benefits. The weekend will be interactive, with time for questions, experiential exercises, and discussion as well as reflective practice.

**Part Three:** Part Three consists of three live, on-line classes that are 45 minutes in length. There will be multiple options available for each of these. Additionally, there are two recorded modules to view in between the live sessions. The live sessions allow for students to practice, to ask questions, and to discuss their experiences with the reflective practices as well as the application of CBCT® principles in daily life.

**This course requires a minimum of ten participants to be registered by April 22. If enrollment is not reached, any registered students will be notified of cancellation by e-mail.**

To register, please contact the  
**EMORY NURSING PROFESSIONAL DEVELOPMENT CENTER (ENPDC)**

<http://www.nursing.emory.edu/enpdc/index.html>

Course fee: \$425

CBCT® is a program of the Center for Contemplative Science and Compassion-Based Ethics at Emory University and is proud to partner with Emory School of Medicine, Spiritual Health at Emory Healthcare, and the University of Illinois College of Medicine at Peoria. Among many other venues, CBCT® has been taught at the Cleveland Clinic and the Cambridge Health Alliance. To learn more about CBCT® and to see the peer-reviewed published research, please visit: <https://tinyurl.com/cbct-info>

*Emory Nursing Professional Development Center (ENPDC) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Attendees to this CNE activity will be awarded 20 credit hours by ENPDC.*

*No conflict of interest has been found with the speakers for this CNE activity nor with the members of the planning committee.*