



**The Impact of Trauma on Clients and Clinicians
&
The Use of Mindful Self-Compassion For Healing**

Presented By:

George Scott

The Effects of Trauma and Traumatic Events
On Individuals and The Family System

&

Lori Volpe

Mindfulness Self Compassion
For Clients & Clinicians

At

“The Mansion”

3000 Main Street, Voorhees NJ 08043

Friday, May 2nd, 2014

8:30am – 4:30pm

(Registration & continental breakfast 8:30–9:00am)

This workshop is approved for 6 ceus for mft and lpc

GEORGE SCOTT

After more than 30 years as a special education administrator in three New Jersey public school districts, George's career is now focused primarily on the mental health needs of children and their families.

He is currently the Coordinator of the Middlesex County and Monmouth County Traumatic Loss Coalition; is an adjunct instructor at The College of New Jersey in the Counselor Education Department; is a credentialed Disaster Relief Crisis Counselor for the State of New Jersey; offers professional development training statewide; and is a licensed Marriage and Family Therapist with The Counseling Center at Scotch Road, in Ewing Township. He holds a Master's Degree in Educational Administration and an Educational Specialist (EdS) degree from The College of New Jersey in Marriage and Family Therapy.

George's professional work continues to be supported by his belief that "All adults have within them the power to improve the lives of children."

LEARNING OBJECTIVES

Following this session, participants will be able to:

- define the nature of a traumatic event
- identify behaviors associated with post traumatic events;
- understand the effects of a traumatic event on the neurobiology of the victim;
- explain the reasons why there may be a variety of responses within the family;
- develop the language and the narrative to use with traumatized clients;
- identify possible personal traumatic experiences and the effects on their work;
- identify models of prevention and intervention to assist with recovery;
- discuss the value of self care.

LORI VOLPE

Meditation has been an integral part of Lori Volpe's life for 18 years. After participating in many meditation programs and retreats offered by the Penn Program for Mindfulness, she completed the Mindfulness Teacher Training Practicum, fulfilled co-teaching requirements and began teaching for the program shortly thereafter. Lori continued her training through a Mindfulness Based Stress Reduction in Mind-Body Medicine 7 day residential professional training with Jon Kabat-Zinn and Saki Santorelli.

Lori teaches South Jersey mindfulness classes for Penn (in partnership with Virtua Healthcare System), has co-facilitated meditation classes for Penn medical and nursing school students, and teaches mindful yoga and meditation around the region. She conducts workshops for healthcare facility staff, and provides individual meditation instruction. Lori receives guidance and training in the Tibetan Buddhist tradition and presently serves as an administrator of a Buddhist monastery. Her firsthand experience of the benefits of mindfulness fuels her deep respect for the practice, and her commitment to sharing it with others.

LEARNING OBJECTIVES

Following this session, participants will be able to:

- Define mindfulness and distinguish self-compassion from self-esteem
- Discuss current research supporting the effectiveness of mindfulness infused with self-compassion
- Engage in research based mindfulness and compassion practices for self-care and teach simple practices to clients
- Describe the effect of mindful self-compassion on unpleasant thoughts and emotions
- Articulate ways that mindfulness can help disrupt habitual patterns of reactivity
- Engage in mindful and compassionate communication

REGISTRATION

Name: _____

Street Address
(Home/Office): _____

City _____ St. _____ Zip _____

Phone (Home/Cell/Work): _____

Email: _____

Employer: _____

	<u>Early Bird</u>	<u>After April 15th , 2014</u>
AAMFT Member	\$100.00	\$120.00
Non-Member	\$120.00	\$140.00
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AAMFT Board Member	\$45.00	\$45.00
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NJAMFT
Congregation Beth Tikvah
115 Evesboro-Medford Rd
Marlton, NJ 08053

Includes Continental Breakfast and Lunch
 Vegetarian Non-Vegetarian Kosher

Kindly make checks out to: NJAMFT Southern Chapter. The registration fee, less a \$25.00 administrative fee will be refunded if notice of cancellation is received two weeks prior to the workshop. No refund will be issued to a registrant who does not attend the workshop.

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