

"Maria Perez, RN, BSN, MPH, CCM (Case Management Network, Inc.) is a certified CBRT teacher who is teaching and offering this course free of charge for a limited time only to the Board and Membership of CMSA-LI: There are a total of 16 CEUs approved by CCMC - PACE."

Compassion-Based Resilience Training [CBRT] is an Eight-Week Program to Cultivate Our Inner Competency Skills

"Compassion-Based Resilience Training {CBRT} is a complete evidenced-based method of teaching the science and practice of mindfulness, compassion, vision, and energy to reduce stress, restore health, cultivate lives of well-being, engagement, and purpose in our interdependent world. It was developed in 1998 by Joseph Loizzo, MD, PhD, Founder and Director of Nalanda Institute for Contemplative Science." [Loizzo]

CBRT Part I consists of weeks 1 thru 4 which are aligned with the 8 CEU's for the Ethics requirement - a particular code of ethics to be discussed each of these weeks as it relates to the skill you will be developing;

CBRT Part 2 consists of weeks 5 thru 8 which are aligned with the 8 CEU's in Psychosocial Aspects for the Practice Standards.

There will be a weekly handout. There is "homework" which consists of reflection and practicing the particular meditation/skill taught that week; at least 3-6 times per week; it is dose-dependent, so the more you practice, the more the skill develops. You are not turning in any homework; you are bringing your experience to the next class, in discussion, in questions to deepen the learning process.

Learning Objectives: objectives A are for intellectual learning; objectives B are for the skill you are learning/practicing

1-Understand the Ethics of Self-Care and Competence: CCMC, CMSA, ANA and SW Codes of Ethics

2A -Understand how to make suffering a door to self-analysis and self change. 2B-Become familiar with the skill of Mindfulness grounded in the breathing body.

3A-Understand one's role in the cycle of stress and trauma. 3B-Become familiar with the skill of Mindfulness grounded on the Pleasant-Painful-Neutral sensitivity.

4A-Understand and realize our potential for true and lasting well-being. 4B-Become familiar with the skill of Mindfulness grounded in the Primary Process of Mind (Open Awareness).

5A-Understand how to turn life into a path of contemplative learning 5B-Become familiar with the skill of Mindfulness grounded on the elements of mentality.

6A-Understand how to transform the social stress and trauma of life. 6B-Become familiar with the skill of Equalizing and Loving-Kindness.

7A-Understand how to build a social life of proactive engagement. 7B-Become familiar with the skill of Giving-and-Taking, Building Positive Emotions.

8A-Understand how and why to use mentors to grow a pro-active self and life. 8B-Become familiar with the skill of Role-Modeling Imagery and Affirmation.

9A-Understand the how and why to engage our inner nervous system as a partner to inspired living. 9B-Become familiar with the skill of Inspiring Breath-Energy and Chemistry.

Classes are once a week for 2.25 hours for eight consecutive weeks.

NEXT CLASS SERIES: Monday's series or Tuesday's series for 8 weekly classes - Choose ONE you must remain on the weekly schedule for that series. An agenda will be provided to you in the first class.

***Monday, 9/16/19 6:30 PM - 8:45 PM - almost full - there is limited seating available please call or email to inquire /register**

***Tuesday, 9/17/19 at 6:30 PM - 8:45 PM - OPEN to first 8-10 certified case managers who register**

This CBRT Course is expected to repeat again - please advise of your intent to attend.

- Maximum in-person class size is 8-10 attendees.

*****For Questions and to Register please call or email Maria Perez, RN, BSN, MPH, CCM: Cell 516-852-0398 - Email: maria@casemanagementnetwork.net**

- END -

With much gratitude!

**Warmest to all,
Maria**

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Nurse Case Management in Workers' Compensation Catastrophic & Complex Cases, Consulting in Care Management, Meditation/Mindfulness Training, Compassion-Based Resilience Training

Certificate: Compassion-Based Resilience Teacher Training [CBRT]

Certificate: Traumatic Stress Studies/Psychological & Physical Trauma (One Year)

Certificate: Restorative Yoga Teacher Training

Certificate: Meditation Teacher / Meditation Faculty @ Nalanda Institute

Certificate: Contemplative Psychotherapy (Two Years)

Certificate: Sustainable Happiness (Four Years)

"No problem can be solved from the same mind that created it" - Albert Einstein

"You must be the change you wish to see in the world" - Mahatma Gandhi

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