

REGISTRATION FORM - May 17, 2019

Holiday Inn Elmira-Riverview

RATES: Prices include continuing education credits (see CE section for details), ample free parking, all day coffee bar, buffet luncheon, and afternoon cookies.

\$123.....Early Registration (postmarked by 5/3/2019)
\$133.....Regular Registration (after 5/3/2019)

Group Rate (3 or more in same envelope who are not already receiving a student discount) deduct **\$5** per person

Student Rate \$113- *must* include copy of a current college ID (student rates cannot receive the additional group discount)

REFUND POLICY:

Full refunds will be given up until May 10, 2019. A \$20 administrative fee will be taken from refunds requested May 11-16, 2019. Refunds will NOT be issued for registrants who fail to show on the day of the workshop without any prior notification to the Family Service Society Professional Training Institute.

Name: _____

New York requires that we include a license number on the attendance certificates for the following disciplines. Please indicate if you need continuing education for:

___LCAT(NY) ___LMFT(NY) ___LMHC(NY)

___LMSW(NY) ___LCSW(NY)

NY License # (if applicable): _____

Employer: _____
(Your name & employer will appear on your name tag)

Address: _____

City, State, Zip: _____

Work Phone: _____

Home/Cell Phone: _____
(in case we need to contact you at the last minute)

Email Address: _____

Payment Options: Check (made payable to Family Service Society, Inc.), Money Order, Purchase Order, Voucher, or Visa/MasterCard.

FOR CREDIT CARD REGISTRATIONS

Credit Card Type: ___Visa ___Master Card

TOTAL CHARGE AMOUNT: \$ _____ Exp. Date: _____

Card Holder's Name: _____

Card #: _____

Signature: _____

Send Registration Form & Payment to:
FSS Professional Training Institute
280 Princeton Ave. Ext.
Corning, New York 14830
or
Register online at www.familyservicesociety.org

US Postage PAID
Non-Profit Organization
Permit No. 4238
Syracuse, NY

Professional Training Institute
Family Service Society, Inc.
280 Princeton Ave. Ext.
Corning NY 14830

RETURN SERVICE REQUESTED



The FSS Professional Training Institute presents:

SELF-COMPASSION TOOLS FOR TEENS: Working with Self-Judgment & the Inner Critic



**Presenter:
Karen Bluth, Ph.D.**

Friday, May 17, 2019
9:00 am - 4:00 pm
Holiday Inn Elmira-Riverview
760 E. Water St, Elmira, NY 14901

OUR WORKSHOP

Self-compassion has been shown to be associated with less stress, depression, and anxiety in both adults and teens. In this day-long interactive workshop, you will learn specific skills to help teens navigate the challenging teen years through cultivating self-compassion, building resilience, and strengthening their ability to treat themselves with kindness. The definition of self-compassion will be provided through an interactive exercise. Research on self-compassion and teens will be reviewed, and interactive exercises that will be included are:

- Strategies to quiet the “inner critic”
- In-the-moment strategies for reducing anxiety, depression, and stress
- Guided meditation practices to promote self-kindness
- Research-supported practices that lower stress

Finally, you will create a plan which articulates how you will move forward in bringing these practices to teens.

Learning Objectives:

After completing this training, participants will be able to:

- Summarize the physiology of “soothing touch” gestures and discover how the mammalian caregiving system releases hormones that promote relaxation.
- Utilize self-compassion strategies that will provide teens skills to strengthen inner resources and build resilience.
- Articulate how self-compassion can lower stress, anxiety, and depression for teens.
- Discuss the current state of the research on self-compassion and youth.
- Design a plan to incorporate developmentally appropriate mindfulness and self-compassion skills with teens with whom you work.

WORKSHOP SCHEDULE

The registration table opens at 7:45 am. The workshop runs from 9:00am-4:00pm with a buffet luncheon (included in your registration fee) from 12:00pm-1:00pm.

OUR PRESENTER



Dr. Karen Bluth is Assistant Professor in the Department of Psychiatry at the University of North Carolina at Chapel Hill, a fellow at Frank Porter Graham Child Development Institute, and a certified instructor of Mindful Self-

Compassion, an internationally acclaimed 8-week course created by Dr. Kristin Neff and Dr. Chris Germer. She is co-creator of the curriculum *Making Friends with Yourself: A Mindful Self-Compassion Program for Teens* and author of the book “*The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are*” (New Harbinger Publishers).

Dr. Bluth’s research focuses on the roles that self-compassion and mindfulness play in promoting well-being in youth. Currently Dr. Bluth is engaged in an NIH-funded study to test *Making Friends with Yourself* with teens who are at-risk for depression. Dr. Bluth is Associate Editor of the academic journal *Mindfulness* and co-editor of a special issue of the academic journal *Self and Identity* on self-compassion with Dr. Kristin Neff. Dr. Bluth frequently gives talks, conducts workshops, and teaches classes in self-compassion and mindfulness in educational and community settings.

REFRESHMENTS/LUNCH

An all-day coffee & tea bar, buffet luncheon, and afternoon cookies are included with your registration. The buffet luncheon consists of assorted deli meats, and cheeses, breads, soup, fruit, garden salad, and chips.

QUESTIONS OR CONCERNS

If you have questions, please contact Janalee Orfanides, Training Institute Coordinator, by email at orfanidesj@familyservicesociety.org or by phone at 607-962-3148.

CONTINUING EDUCATION INFORMATION

This workshop is approved to provide 6.0 hours of continuing education for:

NY State Licensed Creative Arts Therapists

Family Service Society, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists. #CAT-0022.

NY State Licensed Marriage & Family Therapists

Family Service Society, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0033

NY State Licensed Mental Health Counselors

Family Service Society, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0058.

NY State Board for Social Work

Family Service Society, Inc., SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0071.

NBCC

Family Service Society, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP #5930. Programs that do not qualify for NBCC credit are clearly identified. Family Service Society, Inc. is solely responsible for all aspects of the programs.

OASAS

Family Service Society, Inc. is a New York State OASAS-approved education and training provider (Provider #0290).

Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors

The State Board of Social Workers, Marriage and Family Therapists and Professional Counselors recognizes Family Service Society (as a sponsor approved by the National Board of Certified Counselors NBCC - #5930), to be a pre-approved provider of continuing education programs for Social Workers (Sec. 47.36), Marriage and Family Therapist (Sec. 48.36), and Professional Counselors (Section 49.36).

**PLEASE VISIT OUR WEBSITE AT
WWW.FAMILYSERVICESOCIETY.ORG
FOR A COMPLETE LISTING OF
UPCOMING TRAININGS**

