

Online
Webinar



Hosted by



Compassion as a Skill for Emotion Regulation & Interpersonal Functioning

Learn compassion practices aimed at cultivating positive affect, emotion resilience, greater attunement and connection to others, and prosocial behaviours.

Explore the supporting research literature and existing conceptual models of compassion.

Understand how to incorporate and teach compassion for oneself and others as a practical skill in psychotherapy.

All participants will receive a compassion handout, worksheet and meditation script to use with clients.



Dylan Zambrano
MSW



May 7
12-1 PM (EDT)

REGISTER NOW

www.dbtvirtual.com/events

More info:
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