

The West Virginia Institute for Spirituality

Cultivating Positive Dispositions: Self Examination Helps

Presented by:

Sister Carole Riley, C.D.P., Ph.D., LPC, AAPC-Fellow

Saturday, November 18, 2017

8:15 a.m. to 3:30 p.m.



To be our best self, we need to cultivate positive dispositions. This seminar addresses growth in the positive dispositions of Sense-ability and Response-ability. How to examine and assess our innate, assimilated and adopted dispositions using principles of cognitive/change theory, formation principles of Adrian van Kaam, and mindfulness practices of Rick Hanson, and Kabat-Zinn.

Goals

To acquaint participants with the process of cultivating positive dispositions by examining current theorists, engaging in practice exercises and acquiring resources for implementation.

1. Participants will learn the process of cultivating positive dispositions.
2. Participants will develop resources for personal practice.
3. Participants will study the positive dispositions of Sense-ability and Response-ability.
4. Participants will experience two mindfulness and cognitive change theory experiences.
5. Participants will network with other attendees.

CEU's are being sought for
Social Workers, Registered Nurses and Licensed Professional Counselors



This program will be held at:
The West Virginia Institute For Spirituality
1601 Virginia Street, East
Charleston, WV 25311



REGISTRATION DEADLINE: November 6, 2017

Offering: \$50.00 (includes lunch, materials, certificate) Cost of each additional certificate \$10.00

Please verify for CEU's LPC ___ SW ___ RN ___

Name: _____

Please Mail or Fax To:

Address: _____

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