



What: Emotional Sobriety: Course Description

Who: Ms. Sally Orcutt, O.P.

When: Summer/Fall ONLINE only

Format: Zoom meeting

Dates and time: The course will meet for six, ninety-minute sessions, at 11:00 a.m.-12:30p.m. and 2:00 p.m.- 3:30 p.m. (Eastern time) on the following Thursdays: July 23, July 30, August 6, August 13, August 20, and August 27, 2020.

Registration: wvisreg@aol.com

Donation: Please donate to WVIS by contacting wvislorena@aol.com

At the conclusion of the 6 week program, participants will be able to:

- * Understand the science behind attachment and the reasons why our attachments are often unconscious.
- * Recognize their own individual programs for happiness (attachments) and how and why they are triggered.
- * See the role and importance of mindfulness in the process of detachment from our emotional triggers.
- * Identify their Enneagram type which influences the lens through which they view the events of their lives and mindfulness techniques that benefit each Enneagram type.
- * Identify practices that help rewire the brain to detach (let go) of our attachments to offer freedom of desire.

Continuing Education credits have been sought for LPC. This program has been awarded for 5 contact hours towards the renewal of the West Virginia Social Worker License, and also Registered Nurses.

If you have any questions or would like to register for this program you may call WVIS at 304.345.0926

