

**The West Virginia Institute for Spirituality**  
***Living into Change: Dynamics of the New Normal***  
**(Zoom Video Conference)**

Presented by:  
Sister Carole Riley, CDP, Ph. D, AAPC-Fellow, LPC, ALPS



**Saturday, March 13, 2021**

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

In this program, participants will explore 10 strategies for applying Cognitive Behavioral Therapy while investigating the dynamics of change. Leaving the 'old' and embracing the 'not yet' requires learned optimism, emotional IQ, and resolving the pandemic crisis learning to achieve new normal living. At the conclusion of this program, participants will be able to:

1. Identify 10 Cognitive Behavioral Strategies
2. Define learned optimism
3. Name five tools for building relationships during change
4. Repair wounded feelings from pandemic crisis
5. Network with other participants
6. Share resources for further learning

**REGISTRATION DEADLINE: March 10, 2021**

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

**CEU's for:**

**Social Workers, Registered Nurses and Licensed Professional Counselors**

**This program will be held via Zoom – link will be provided after you register.**

**Please verify for CEUs      LPC      SW      RN**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

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