

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 Available:

Social Workers (5 CEU), Registered Nurses (7.5 CEU) and Licensed Professional Counselors (6 CEU)

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: _____

Please Mail or Fax To:

The West Virginia Institute for Spirituality

1601 Virginia Street East

Charleston, WV 25311

Tel. (304) 345-0926 Fax: (304) 345-8206

E-Mail: wvisreg@aol.com

www.wvis.org

