

Developing emotional regulation skills to facilitate self-management & personal growth



Emotional Regulation skills and the development of Emotional Intelligence are the key factors in one's personal psychological well-being and successful interpersonal and intrapersonal relationships. Professionals in the mental health field are increasingly becoming aware of the importance of self-management, self-awareness, mindfulness, and self-emotional-regulation ability, in order to maintain their personal inner peace and stability.

This training incorporates a spiritual school of thought with evidence-based psychological constructs, to help participants facilitate the inward journey of personal growth.

Participants will learn the principles and application of emotional regulation skills, the tools of building emotional intelligence, strategies for regulating attachment, and the pillars of mindfulness and self-awareness through spirituality.

Presenter: Lorena Rucaj, M.A., LCMHC

Who should attend: Service Coordinators, Clinicians, Social Workers, Vocational Rehabilitation Counselors, Direct Support Staff, Residential Providers, First Responders, and Advocates.



SEMINAR

December 18, 2017
9:00 -5:00 PM

Westchester Independent Living Center,
10 County Center Road,
White Plains, NY 10607

Registration:

Rebecka Palmer
Peer Integration Coordinator
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Eventbrite

<https://emotionalintelligencedev.eventbrite.com>