

Educating with Empathy© Workshop

A 4-Week Empowering Intensive Experience Toward Emotionally Enlightened Teaching

Goal: Attain better classroom management and learning by recognizing and embracing your feelings and the feelings of your students.

Cost: \$200/4 days (2 hour each) paid in advance. **As a teacher you spend a great deal of money for supplies out-of-pocket to support your passion. Invest in yourself as your most valuable supply!* School Counselors are also welcome!**

Materials required: Smartphone and Toolbox Coping Cards app (\$3.99 one time investment) available on the Apple Store and Google Play. Participants will receive a free (\$20 value) Anatomy of a Self Soother poster for their classroom.

Units:

1. Mindfulness: Guided Imagery/Progressive Muscle Relaxation/Aroma Therapy and thoughts vs. feelings.
2. Self-Soothing: Use of healthy coping strategies.
3. Healthy Communication Skills and Healthy Boundary Setting.
4. Role Modeling Expectations: Use of case studies from your classroom.

Get it in gear with Psychotherapy

Workshops begin June 12, 2018
Days: Tuesdays, Wednesdays, Thursdays
Pick one day for each consecutive week
Hurry as space is limited!
Times: 10 AM-12 PM or 2 PM-4 PM

Presented by H.O.P.E. Psychotherapy of Houston, PLLC
281-373-5200

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*<https://www.cnn.com/2018/05/15/politics/teachers-school-supplies-spending/index.html>

"Home of Tools That Make Learning To Cope Interesting and Fun!™"

