

THE SCIENCE OF COMPASSION

UNDERSTANDING THE SCIENCE OF MINDFULNESS

Presenter: Kim Barthel, BMR, OTR

Kim Barthel

Kim is a world-renowned teacher and therapist most active in the fields of relational trauma, sensory processing, and she supports multi-disciplinary healing in many cultures internationally. Her revolutionary process re-inforces the importance of relationship in therapy; blending the art of intuitive inquiry with cutting edge developments in neuroscience. Kim has extensive post-graduate education. Some of her specialties include; Neuro-Developmental Treatment, Sensory Processing, Attachment, and Trauma. To empower personal reflection and healing, she recently co-authored the national best-seller *Conversations with a Rattlesnake* with Theo Fleury. Kim's mission is to support the conscious evolution of the human spirit. For more on Kim check out kimbarthel.ca



The Science of Compassion

Compassion is the empathic desire to alleviate suffering and is often thought of as the highest form of love. Compassion flows from the interconnectedness between humans and is inherent to any successful healing process. Not only is compassion part of the solution for psychological suffering, science is increasingly revealing that compassion rewires brainwave patterns which supports our learning, and it is directly linked to changes in physiological processes that improve our immune systems. Scientific evidence further highlights that self-compassion is critical in the management of stress. This workshop illuminates the neurobiological phenomenon of compassion and inspires participants to engage in mindful compassionate practice for their own well-being as well as for the people around them.

Objectives:

- The learner will develop an understanding of connection between compassion and early childhood attachment.
- The learner will develop an understanding of the science of mindfulness and its impact upon the brain and the body's physiology.
- The learner will develop an understanding of the impact of compassion upon the psychotherapeutic process.

Date: March 2, 2017

Time: 9:00 am - 4:00 pm

Venue: Isabel M. Stewart Building - 700 McDermot Ave.

Price: \$90 - Registration Deadline is February 23

Intended Audiences: Nurses, Physicians, Educators, Therapists, Pharmacists and any other health care provider

Payment

Please make cheques payable to: "Inscapes Canada". PayPal can be taken at:

<http://www.inscapescanada.ca/2017/01/scienceofcompassion>

Refund and Cancellation Policy

No refunds will be provided after February 10, 2017. If you wish to withdraw prior to this date, you will receive a full refund minus a \$25 processing fee. The course may be cancelled due to unforeseen circumstances or if sufficient enrolment is not reached by registration deadline. NSF cheques are subject to a \$25 administration fee.

Questions?

Email us at info@inscapescanada.ca

The Science of Compassion

Understanding the Science of Mindfulness with Instructor: KIM BARTHEL, BMR, OTR

March 2, 2017

Tuition: \$90

Lunch is 1 hour on your own

NAME: _____ DATE: _____

PROFESSION: _____ EMPLOYER: _____

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Note: Once payment is received, registration confirmation will be sent via email within two weeks. A receipt and course certificate will be provided at the course.