



Look in the Mirror!

What is Empathy and why does it matter?

Professional development for anyone working with children, young people and adults who have experienced complex trauma.

The aim of this workshop is to explain mirror neurons and empathy. Using the research of Dr V.S. Ramachandran, Dr Bruce Perry, Marco Iacoboni, Mary Gordon, Simon Baron-Cohen & others we will discuss the theory, then focus on specific strategies for cultivating empathy in traumatised children, youth and parents. We will explore why empathy is integral to raising kind and compassionate children & youth and for breaking cycles of intergenerational violence in families.

This training is suitable for direct care workers (e.g. foster carers, family group home carers, residential care officers etc.) and professional support workers (e.g. Social Workers, Teachers, Psychologists, Juvenile Justice Officers, other Health Professionals etc.) working with traumatised children, youth and families in a variety of settings.

LEARNING OUTCOMES

1. Define & discuss the importance of empathy.
2. Explain mirror neurons and their role in the development of empathy.
3. Reflect on how empathy can help break the cycle of intergenerational violence in families.
4. Discuss specific strategies that can support children, youth and parents to develop empathy.

DETAILS

Date: 15th September, 2021 (1 Day Course)
Time: 9:00am - 3:00pm WST
Price: \$220.00 plus GST
Venue: ZOOM!



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