

Compassionate Listening



No matter our profession or role in life, if we are engaged with people, the skill of **Compassionate Listening** is an essential one to develop and own.

Why Compassionate Listening?

Compassionate Listening is the ability to sustain a sense of caring connection and belonging to others in their experiences of suffering or discomfort. In this class, adapted from the work of Kristen Neff's and Chris Germer's Mindful Self-Compassion Program, participants will discover how to listen from the neck down, or what is termed "embodied listening." With Compassionate Listening, one is mindfully and compassionately present, not only to the client's experience, but also to the thoughts, sensations, feelings etc. that arise within oneself as the recipient of the client's story.

"Listening creates a holy silence. When you listen generously to people, they can hear truth in themselves, often for the first time. And in the silence of listening, you can know yourself in everyone. Eventually, you may be able to hear, in everyone and beyond everyone, the unseen singing softly to itself and to you." — Rachel Naomi Remen, MD.

Click here to pre-register for the Zoom webinar:
<https://bit.ly/3BRTjIS>

Thursday
February 16, 2023
1:30 pm –
3:00 pm

Presenter:
Roseann Cervelli
MS, LCADC, CCS, CPS

**1.5 General NJ Social
Work Practice CEUs**

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