



# Institute for Professional Development

The Rosa J. Kolker Professional Development Series

## **A COMPASSIONATE PATH OF RECOVERY FOR ADDICTIONS AND MENTAL HEALTH DISORDERS: MINDFULNESS THEORY, RESEARCH, AND TREATMENT**

December 16, 2021

1:00 - 2:30 pm

via Zoom

Presented by: Anthony Parente, LCPC, NCC, MAC, ICGC II, BACC, *Mental Health Clinician and Addictions Specialist*

The path of recovery for those struggling with addiction and/or mental illness is diverse, unpredictable, and wrought with challenges. Each person's journey is as unique as the individual in recovery. Research indicates that a mindfulness-based, compassionate approach to lifestyle changes can enhance one's recovery process and reduce the risk of relapse as well as limiting the harm that addiction and mental illness causes. This experiential workshop will explore the benefits of mindfulness practice in recovery and examine the essential therapeutic skills of the compassionate practitioner.

As a result of this training, participants will be able to:

- Define and understand the value of compassionate practice for clients and professionals
- Apply theory and research on mindful compassionate recovery to addictions and mental health disorders
- Implement concepts of mindful compassionate recovery into work with clients and into one's own life as a clinician

General Public - \$37.50

Teachers from Jewish Day Schools/JCS Retirees - \$30.00

JCS Staff and Associated System Employees – Free

**Register by December 9: [HERE](#)**

*You will receive log-on instructions once you complete the registration process.*

Social workers and other clinicians attending this program will receive 1.5 Category I CEUs.

*Jewish Community Services is approved by the Maryland Board of Social Work Examiners to sponsor Continuing Education for social workers (psychologists and licensed professional counselors). Jewish Community Services maintains responsibility for this program and its content.*

*Funding for the series is made possible by a grant from The Kolker-Saxon-Hallock Family Foundation.*

JCS is an agency of The Associated



Jewish  
Community  
Services

