



Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education and Training Center



# Coping with Adversity Using Self Compassion

Presented by:  
Essence Rivers, M.A.

Wednesday, October 21, 2020  
3:15 pm – 4:30 pm

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

## Registration Fee:

There is no cost associated with this presentation

## Continuing Education:

No CE credits will be offered

## Registration Link:

<https://www.surveymonkey.com/r/JGPYGDM>

*If you have trouble accessing the survey, please copy the link and paste it directly into your browser.*

Registration closes at 3:00 pm on October 20, 2020

## Description:

This presentation will provide a rationale for the use of self-compassion to cope with adversity, providing examples of current events as well as reviewing constructs such as compassion fatigue and burnout that can benefit from the use of self-compassion. The presenter will compare and contrast the concept of self-compassion from other “self” related concepts, and differentiate self-compassion, self-care and empathy. The presentation will include detailed explanations of the components of self-compassion and how it can be utilized. Relevant psychological assessment tools and interventions will be reviewed. A review of both the benefits and limitations of self-compassion will be offered. The presenter will offer explanations of how self-compassion can be applied across various roles, and provide research to support the efficacy of self-compassion for clinical and non-clinical concerns. Additionally, the presentation will utilize experiential activities and practice exercises to provide in-vivo practice of self-compassion. Finally, the presentation will provide additional resources and guidance to individuals wishing to implement self-compassion practices in their daily lives.

## Learning Objectives:

- 1) Describe self-compassion
- 2) Differentiate between self-compassion and other self-related constructs
- 3) Select appropriate and effective resources and practices to increase self-compassion

## Presenter:



**Essence O. Rivers, M.A.** earned her bachelor's degree in Psychology at Ohio University. She earned her Master's degree in Clinical Psychology through her current doctoral program at Xavier University, where she is expected to earn her Psy.D. in June of 2021. Ms. Rivers is currently completing her doctoral internship with The Palm Beach County Youth Services Department as a therapist at the Education and Training Center. Ms. Rivers has provided psychological assessment, community outreach, consultation, and individual, family and group therapy in a range of settings. Ms. Rivers is passionate about promoting the mental health and wellbeing of children and the stakeholders in their lives. Ms. Rivers strives to facilitate healing and resilience by sharing knowledge, encouraging connection, aiding in self-reflection and providing new skills. Her long term goal is to be a clinical psychologist who works to strengthen families and communities in order to overcome adversity.

**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbcgov.org](mailto:CMontepeque@pbcgov.org)

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[www.pbcgov.com/youthservices/EducationCenter](http://www.pbcgov.com/youthservices/EducationCenter)

or call (561) 233-4460

## **Zoom Instructions**

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

### **How to Ask Questions During Zoom:**

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
  - **Everyone** – All participants will see the message in their Chat pane.
  - **Organizer(s) only** – All organizers will see the message in their Chat pane.
  - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>