

CONTINUING CONNECTIONS

OTTAWA
NETWORK
FOR
BPD

“Radically Open: Training Mindfulness and Compassion for Self and Others”

**Presenters: Dr. Marie-Eve Martel C.Psych. & Dr. Kimberly Sogge C.Psych.
Ottawa River Psychology**

Saturday May 11, 2019 9:30 am to 12:30 pm
The Royal, 1145 Carling Ave, Ottawa, Room 1424

The Ottawa Network for Borderline Personality Disorder is delighted to announce the upcoming **Continuing Connections workshop** for PAST and CURRENT participants of the Family Connections Course. Space is limited. Please register via Event Brite link.

This three hour workshop will offer teaching and practice of mindfulness, compassion and Radically Open DBT skills for cultivating the open-heartedness, compassion and playfulness essential for well-being and growth as one cares for a loved one with BPD.

Participants in this workshop can expect to learn concepts and practice skills related to mindfulness, compassion, and Radically Open DBT such as:

- Lovingkindness for Self and Other
- Compassion for Self and Other
- Compassion with Equanimity for Caregivers
- Nonmoving centeredness vs. letting go (mindfulness and equanimity)
- Playful irreverence vs. compassionate gravity (wise compassion)
- Radical openness
- Self enquiry

The morning will include experiential practices in:

- Mindful Awareness
- Self-Compassion and Compassion with Equanimity
- Self-reflection and enquiry
- Interpersonal skills practice of Radically Open DBT in dyads and small groups
- Group enquiry
- Mindful movement and Play