

Workshop on Mindful-Compassion Art Therapy (MCAT) for Self-care among End-of-Life Professionals: Cultivating Kindness and Sustained Resilience

This two-day experiential workshop will provide participants with a unique opportunity to experience MCAT that is grounded in empirical research. Through engaging in mindfulness meditation, art making, reflective writing and small group discussions, participants will learn how to apply mindfulness practice and expressive art into their own clinical work and supervision settings.