

Cultivating Compassion and Empathy in Adolescents

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(Available for NASW 1.5 Clinical Hours, NBCC (LPC) 1.5 Clock Hours, LMFT 1.5 CE)

The adolescent years are often characterized by turmoil, a desire to fit in, cliques, and the development of identity. During this time, many adolescents struggle to cultivate healthy social relationships. This session will discuss the research on empathy in adolescence along with ways to build and sustain healthy social relationships.

Objectives:

1. Participants will explore the importance of empathy in developing social relationships.
2. Participants will consider the impact of empathy on bullying and bystander intervention.
3. Participants will discover ways to encourage adolescents to cultivate compassion and empathy.

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