



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



Building Family Resilience through Empathy

Presented by:
Gabriella Hill, M.A.

Tuesday, October 27, 2020
5:30 pm – 6:30 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/K5R8GJC>

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 26, 2020

Description:

This presentation is a beginner level presentation explaining how demonstrating empathy to individuals in a family unit, as well as the larger society, can lead to family resilience. The presenter will describe family resilience and emphasize the importance of family support for overcoming traumatic and stressful situations. Furthermore, the positive effects of empathy that lead to family resilience will be explored. Lastly, the presenter will review the critical components of empathy and practical tips and resources for implementation will be discussed.

Learning Objectives:

1. Define family resilience and empathy
2. Explain four principle components of empathy that are critical for family resilience
3. Select practical methods of developing and demonstrating empathy towards others

Presenter:



Gabriella Hill, M.A is a doctoral level psychology student at Regent University, where she obtained her Master's Degree. During her studies, she has had clinical placements at various settings, such as private practice, university-based counseling center, and community mental health agencies. Throughout these placements, she has provided trauma-informed psychological services to children, adolescents, and their families, which focuses on individual and familial strengths, resources, and resiliency. Additionally, she has engaged in research concerning the effects of trauma on child development, components of marital satisfaction for couples, and increasing resiliency and access to resources for individuals with trauma histories. Ms. Hill is currently completing her doctoral internship at the Palm Beach County Youth Services Department, and plans to continue to provide trauma-informed care to children and their families throughout her career.

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.

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

For information about other Education & Training Center trainings/workshops and clinical services please visit our website at

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>