



How to teach Empathy, Mindfulness, Compassion and Presence

**How can we create a good environment
for learning and development?**

How can we develop our own relational competence?

**A two-year course starting near Berlin in August 2015
for professionals working with children and youth.**

This course of training will offer an open, undogmatic framework as well as a wide range of practical tools for developing relational competence, self-accord, mindfulness, empathy, compassion and presence in oneself, as well as facilitating their development in children and youth.


Children and youth are experiencing a lot of stress, which is effecting their development and the learning environment. It is our contention that as a consequence many children and youth have lost the contact to their innate capacity for self-accord. The same is true for many of the teachers who are supposed to create good learning- and developmental environments.

We all have an innate capability for self-accord and empathy. Our vision is to create a learning environment in which these capabilities can be developed and practiced. This means it is not a matter of learning or acquiring something new. It is about rediscovering and cultivating something we are able to do already.

Having self-accord means being at peace with the core of one's being. This is the only place from where a person can relate deeply to other people and to a complex world which is in the midst of processes of profound transformation. One of the ways in which self-accord expresses itself when we are in the company of others is through empathy.

Many children and youth, as well as professionals, need support in order to develop self-accord and empathy as a basis for learning and for the development of the individual and of the society.

The course is built on the work of Dr.Phil. Jes Bertelsen and family therapist Jesper Juul, both from Denmark and is developed through many years of teaching professionals in both domains. They, like the teachers of this course of training, are members of *The Danish Society for the Promotion of Life Wisdom in Children*.

The course is offered in collaboration with  Deutsch-Dänisches Institut für Familientherapie und Beratung, ddif.de

The entire course will be in English.

Go to **trainingempathy.com** for further information!



Teachers



Helle Jensen

Psychologist and family therapist. Has been working together with Jesper Juul teaching relational competence for professionals and counselling and therapy with families in different European Countries.



Peter Høeg

M.A. in literature. Writer. Has a background in sports, dance and martial art. Peter has, besides writing novels, been teaching literature and different kinds of creative and physical topics in the public school, in high school and at the university.



Katinka Gøtzsche

Master of arts in psychology, dramaturgy and dance. Is teaching mindfulness and empathy for students in upper secondary school and is making seminars for teachers on the topics.



Martijn van Beek

Associate Professor of anthropology, based at the Interacting Minds Centre at Aarhus University. A key area of engagement are encounters and collaborations between cognitive (neuro-) scientists and contemplatives.
