



**"The Art of Accompaniment:
Enhancing Your Ability to Respond Effectively in the Face of Distress"**

A 9-session Webinar Series conducted by Dr. Greg Bottaro of the CatholicPsych Institute, a DIA Schools Collaborative Strategic Partner.

Objectives and Main Takeaways

- Strengthen your ability to respond effectively to difficult students, teachers, and parents through a crash course in Catholic Anthropology.
- Receive practical wisdom on receiving and responding to difficult parents and students.
- Learn and practice the three steps to helping an individual in mental distress and the six skills of accompaniment.
- Build the confidence to identify mental distress along with the skills to intervene before it escalates to an emergency.
- Develop the tools to connect, assess, and respond to emergency, sub-emergency, and non-emergency mental distress until help arrives.
- Participants should be aware of what is and isn't their responsibility so they can navigate boundaries, therapeutic frames, and appropriate self-care.
- Discover the origins of burnout, how to avoid it, and how to rediscover the joy of serving.

Part One (Webinars 1-3): You Can't Give What You Don't Have

- What you'll receive
 - How to stay calm in moments of stress, including during difficult conversations and unexpected confrontations.
 - The brain science behind your own anxiety facing uncertainty and difficult people/situations.
 - How to alleviate the inner pressure that leads to burnout and feeling as if you are responsible for everyone and everything.
 - A path to freedom from the inner critic, anxiety, and self-sabotaging patterns that hold you back.

Part Two (webinars 4-6): Relationships Are Everything

- What you'll receive
 - The "secret ingredient" to effectively accompanying individuals, such as students or teachers, in mental distress.
 - Develop healthy boundaries through the art of integrating objective truth with subjective experience.
 - Discover Jesus as the blueprint for human flourishing.
 - Take a crash course in Internal Family Systems therapy and its role in decreasing anxiety.

Part Three (webinars 7-9): The Art of Accompaniment

- What You'll Receive
 - The three steps to helping an individual in mental distress.
 - A masterclass in the six skills of accompaniment.
 - The tools to connect, assess, and respond to emergency, sub-emergency, and non-emergency mental distress until help arrives.
 - Awareness of what leads to burnout and how to avoid it.

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