



## CASE MANAGEMENT NETWORK INC.™



**Maria Perez,**  
RN, BSN, MPH, CCM  
President/Founder of  
Case Management  
Network, Inc. is a  
Certified Nurse Case  
Manager, with over  
35 years of expertise in  
Catastrophic and  
Complex Nurse  
Case Management.

Maria is a Certified  
CBRT Teacher offering  
this course to Nurses,  
Case Managers,  
Social Workers,  
Nurse Administrators,  
Educators, Executives  
Attorneys, Claims &  
Safety Professionals/  
Consultants



### NALANDA INSTITUTE'S Compassion-Based Resilience Training / CBRT

*is an Eight-Week Inner Science Course that Awakens  
You to Your Inner World.*

**Compassion-Based Resilience Training [CBRT]** is a complete, evidence-based method of training the resilience of mind, heart, and body we need to sustain lives of well-being, engagement and purpose in our interdependent world. It was developed and tested at the university hospitals of Columbia and Cornell, where it has been offered continuously since 1998.

**CBRT Part I** comprises Weeks 1-4 which are the Four Scopes of Mindfulness. Each week you will learn the neuroscience & psychology within each scope plus a new meditation skill that you are to practice that week; each scope builds on the one before it.

**CBRT Part II** comprises of Weeks 5-8 you will learn about the polyvagal theory; authentic compassion for self and others; use of role modeling imagery; and yogic energy/breath work for cultivating your autonomic nervous system.

This course is offered weekly as a 2.25 hour course, for eight consecutive weeks. An optional four-hour class follows the last week on a Saturday, to further discuss/synthesize what was learned during the prior eight weeks.

**Homework:** Weekly handout for reflection and guided meditation audio recordings to practice. Practice at least 15-40 minutes 3-6 times per week. It is dose dependent, the more you practice the more you develop.

**CONTACT: Maria Perez,** RN, BSN, MPH, CCM  
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Email: [maria@casemanagementnetwork.net](mailto:maria@casemanagementnetwork.net)

To register please send an email with all your contact information, job title, credentials, CCM status, work/cell phone, work/psnl email



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### **CEUs:**

**Case Managers  
16 CEU's**

**Pre-approved by  
CCMC-PACE**

**Part I: weeks 1-4 =  
Ethics (8 CEUs)**

**Part II: weeks 5-8 =  
Psychosocial Aspects  
(8 CEUs)**

### **Class Times:**

Tuesdays  
6:30 PM–8:45 PM\*  
(\*A second evening  
time may be added  
if needed.)

### **2020-2021**

#### **Tentative Schedule:**

- September 8, 2020  
- November 3, 2020

2021 classes start on  
January 12, 2021

Call or email for  
additional 2021 dates

**Classes held Via  
ZOOM**

**Learning Objectives:** Objectives A are for intellectual learning; Objectives B are for the skill you are to familiarize yourself with *and* practice.

- **1-Describe the Ethics of Self-Care and Competence.**
- **2A-Recognize how to make suffering a door to self-analysis and self change.** 2B-Become familiar with the skill of Mindfulness grounded in the breathing body.
- **3A-Describe one's role in the cycle of stress and trauma.** 3B-Become familiar with the skill of Mindfulness grounded on the Pleasant-Painful-Neutral sensitivity.
- **4A-Recognize and realize our potential for true and lasting well-being.** 4B-Become familiar with the skill of Mindfulness grounded in the Primary Process of Mind (Open Awareness).
- **5A-Describe how to turn life into a path of contemplative learning** 5B-Become familiar with the skill of Mindfulness grounded on the elements of mentality.
- **6A-Describe how to transform the social stress and trauma of life.** 6B-Become familiar with the skill of Equalizing and Loving-Kindness.
- **7A-Reimagine how to build a social life of proactive engagement.** 7B-Become familiar with the skill of Giving-and- Taking, Building Positive Emotions.
- **8A-Recognize how and why to use mentors to grow a pro-active self and life.** 8B-Become familiar with the skill of Role-Modeling Imagery and Affirmation.
- **9A-Reimagine the how and why to engage our inner nervous system as a partner to inspired living.** 9B-Become familiar with the skill of Inspiring Breath-Energy and Chemistry.

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