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**Empathy and Self Compassion:
The Keys to Shame Resilience for Parents and Children
*with* Tracy McConaghie, CPDLT**

**Description:**The fear that we are not good enough, or don't belong, is a universal human experience that we rarely discuss with each other. We have all experienced shaming practices from our families of origin, schools, and workplaces. This session will offer an overview of the research and shame resilience theory of Brené Brown, author of *Daring Greatly* and TED.com speaker. In particular, we will focus on the use of self compassion and empathy as a way to become more resilient and less captive to our own shame, and to help children do the same.

**Presenter's Bio:**
Tracy McConaghie is a Licensed Clinical, Social Worker, Certified Positive Discipline Lead Tiaine6 Registered Play Therapist/Supervisor and Certified Daring Way Facilitator/Consultant. She owns McConaghie Family Counseling with her husband Andrew in Atlanta, GA. They have two children, ages 20 and 18.

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