

# OPCTP Continuing Education Event

**Spring 2024  
Continuing Education Event  
Tuesday, April 9<sup>th</sup> 2024  
7-9pm via Zoom**

## **Emotions 101: The Power of Being Heard, Seen and Valued**

**Presented by  
Lisa Boulay**

## **OTTAWA PASTORAL CARE TRAINING PROGRAM**

**An Inter-Denominational Program  
Affiliated with the Christian  
Council of the Capital Area**

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### **Emotions 101: The Power of Being Heard, Seen and Valued**

How do emotions affect our work as pastoral care volunteers? This Continuing Education workshop will build on new material which was recently added to the Pastoral Care Basic Course in September 2023 – Emotions 101.

To enhance our ministry of presence and our active listening skills the new material takes a deep dive into emotions. The objectives of the session are to understand emotions especially the emotions we sometimes shy away from like fear, sadness and anger, and to practise noticing, labelling and validating emotion in ourselves and others.

Please join us for what promises to be a fascinating and highly useful session.

#### **About Lisa Boulay**

Lisa Boulay is a retired psychotherapist, she worked as a family and addiction counsellor for twenty years providing both individual and group counselling. In addition, she has developed and delivered several workshops and training programs on substance use, mental health, trauma, and recovery.

Lisa is a Lay Chaplain at the First Unitarian Congregation of Ottawa and a member of the Ottawa Pastoral Care Facilitator Team.

**Registration is Required  
Cost: \$20**

*Pastoral Care Teams are encouraged to attend as a team where possible.*

**Please register by  
April 3<sup>rd</sup>, 2024**

#### **To register and pay:**

**Email** your name, email address, phone number, and church or institution name to [opctp.registrar@gmail.com](mailto:opctp.registrar@gmail.com) and let our registrar know how you will pay.

**TO PAY**, send an e-transfer to:  
[opctp.registrar@gmail.com](mailto:opctp.registrar@gmail.com)

**or** make a cheque out to 'Ottawa Pastoral Care Training Program' and mail it to:

OPCTP Administrator  
4 Pinetrail Cres.  
Ottawa, ON  
K2G 5A2

*The OPCTP is pleased to waive the fee for clergy members or leaders/coordinators of pastoral/spiritual care teams. To register, they should email their details*

#### **For more information contact:**

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OPCTP Administrator  
(613) 413-0384  
[ottawapastoralcare@gmail.com](mailto:ottawapastoralcare@gmail.com)

**or** visit our website at  
[www.ottawapastoralcare.com](http://www.ottawapastoralcare.com)