

## **LIFE UNIVERSITY'S CCISE BRINGS COMPASSIONATE INTEGRITY TRAINING TO ORGANIZATIONS WORKING TO END HOMELESSNESS AND SUBSTANCE ABUSE**

**Marietta, Georgia, October 4, 2018** – After successful trainings at a variety of locations, such as St Columb's Park House peace center in Derry, Northern Ireland; Lee Arrendale State Prison for Women and Phillips State Prison for Men in Georgia; civic leaders in San Antonio and Atlanta; and a new collaboration with the Charter for Compassion, Life University's (LIFE) Center for Compassion, Integrity and Secular Ethics' (CCISE) is expanding its Compassionate Integrity Training (CIT) to new organizations and bringing compassion and mindfulness to even greater populations.

New CIT training sessions for three incredibly rewarding organizations, Trinity Community Ministries, Gateway Center and Cause for Hope, will begin in October 2018. Trinity Community Ministries successfully prepares homeless individuals to become self-sustaining members of society with functional households, sobriety and full-time employment, while Gateway Center works to end homelessness in Metro Atlanta through therapeutic program and community collaboration – a keystone project of the Regional Commission on Homelessness' effort to impact chronic homelessness. Finally, Cause for Hope provides relationship and hope for people living on the margins, particularly those who are struggling with active addiction and unrecognized or untreated mental illness – both major contributing factors to homelessness.

CIT is a 10-part training program that cultivates basic human values as skills for the purpose of increasing individual, social and environmental flourishing. By covering a range of skills from self-regulation and self-compassion to compassion for others and engagement with complex systems, CIT focuses on and builds toward compassionate integrity: the ability to live one's life in accordance with one's values with a recognition of common humanity, our basic orientation to kindness and reciprocity.

Trinity, Gateway and Cause for Hope are interested in having the CIT graduates from their organizations go into CIT Facilitator Training Course to enable them to offer CIT within their organizations on an ongoing basis.

Professional educator, Pam Glustrom, M.Ed., serving as primary facilitator in the upcoming session, has been seasoned by her experience facilitating CIT and mentoring Facilitators-In-Training at Phillips State Prison. Glustrom is affiliated with the Charter for Compassion, the same organization with which Michael Karlin, Ph.D. (Assistant Professor of Psychology at Life University; Associate Director of the

Center for Compassion, Integrity and Secular Ethics; and co-author of CIT) entered into a dynamic partnership to offer CIT to more than a dozen cities and sectors within its organization.

Glustrom says, “One of the things that I realized early on was that I wanted to do outreach to the community, and with CIT, I have the perfect vehicle with which to reach diverse community sectors. It is an honor to be able to deliver such an amazing program to so many people.”

Glustrom is a Level 1 Certified CIT Facilitator and is working on her Level 2 certification, which will enable her to not only deliver the training on her own, but also to certify future facilitators, such as the Gateway, Trinity and Cause for Hope attendees, thus creating that same pathway to facilitator certification for them.

Dr. Karlin adds, “After this training session ends in December, it is expected that most of the trainees will want to become certified and set up their own trainings at their respective organizations. Ideally, we will be creating the pathway to certification in three more organizations so that they can then continue CIT on an ongoing basis.”

Currently, the financial burden incurred to train this valuable program is solely borne by Life University. However, as CIT continues to expand to even more cities and organizations, the burden will become too great to be carried by just one organization. So, in an effort to sustain Compassionate Integrity Training long into the future, we kindly ask you to consider a financial donation to further this important work. To do so, please contact Dr. Michael Karlin at 404-234-9290 or email [Michael.Karlin@LIFE.edu](mailto:Michael.Karlin@LIFE.edu) to discuss your assistance.

For more information:

- CCISE or CIT: [Compassion.LIFE.edu/](http://Compassion.LIFE.edu/).
- Gateway Center: <http://www.gatewayctr.org>
- Trinity Community Ministries: <https://www.tcmatlanta.org>

### **About Life University**

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest single campus chiropractic program in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award baccalaureate, master’s and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the



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Commission on Accreditation of Athletic Training Education (CAATE). The mission of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.

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