

Mindful Self-Compassion 8-Week Online Class

Wednesday, October 17 - December 11, 6:00 – 8:00pm
3-Hour Silent Retreat Saturday, November 16, 9:00am – Noon
*No Class November 27

It's Not Just A Good Idea It's Science-Based!



The Goal of the Class is to introduce participants to the internationally acclaimed, research-based curriculum developed by Dr. Kristin Neff and Dr. Chris Germer. Participants will learn the skills and science of Mindful Self-Compassion and strategies to apply in their professional and personal lives. 🌸

Increase

- ~Life Satisfaction, Psychological Wellbeing
- ~Happiness, Optimism, Curiosity, Life Satisfaction
- ~Confidence, Motivation, Sustained Productivity
- ~Emotion Regulation, Effective Coping Skills
- ~Healthy Lifestyle Choices and Relationship Behaviors

Decrease

- ~Anxiety, Depression, Stress
- ~Shame, Perfectionism, Overwhelm
- ~Caregiver Fatigue, Burnout, Trauma
- ~Rumination, Self-Consciousness
- ~Fear of Failure, Self-Criticism

CLASS TOPICS

Introduction to Mindful Self-Compassion
Practicing Mindfulness
Practicing Loving Kindness
Discovering Your Compassionate Voice
Living Deeply
Meeting Difficult Emotions
Exploring Challenging Relationships
Embracing Your Life

*Self-Compassion
is the
Antidote
to
Shame!*



Space is Limited

Early Bird \$495.00 by October 2nd

October 3rd – 16th: \$595.00

Questions and Registration: 801-828-5604
17 NASW CEUs for attending All Classes



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