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.

<u>Increase</u>

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

<u>Decrease</u>

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

Self-Compassion is the Antidote to Shame!

come

<u>CLASS TOPICS</u> 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

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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