



FREE 4-Week

Mindful Self-Compassion Introduction Class

6:00 – 7:00pm

Wednesday, October 1st, 8th, 22nd and 29th

***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 skills, science of Mindful Self-Compassion and strategies to apply in their professional and personal lives.

Research indicates that self-compassion is strongly associated with psychological well-being and positive mind-states (Neff, 2009). Higher levels of self-compassion are linked to increased feelings of happiness, optimism, and curiosity. Self-compassion promotes handling difficult emotions with ease, as well as decreased anxiety, depression, and fear of failure!

Learn how to motivate yourself with compassion instead of criticism!

Weekly Topics

- Self-Compassion Components
- Discovering Your Compassionate Voice
- Self-Compassion and Caregiver Fatigue
- Self-Compassion in Daily Life

**Space is Limited
Contact Deb Ashton, LCSW to Register**



801-828-5604 or deb@mindfulintegratedtherapy.com

