

# Mindful Self-Compassion For Professionals

The Mindful Self-Compassion for Professionals (MSC) is a didactic and experiential workshop presenting clinically validated interventions to enhance professional resilience, therapeutic effectiveness, and personal well-being.

We learn from inside-out evidence-based strategies for self-care, managing stress, preventing burnout and vicarious trauma, while providing tools to help our clients work through self-criticism, shame, anxiety, depression, and trauma.



## Mindful Self-Compassion 4.5-Day Program

Day 1: Applying Self-Compassion and Mindfulness in daily life to ease stress.

Day 2: Benefits and applications of loving-kindness in daily life for wellbeing. Followed by making peace with the inner critic and positively motivating ourselves.

Day 3: Explore values, strengths and silver linings in times of crisis/challenges to promote growth. Followed by strategies to ease difficult emotions and shame.

Day 4: Managing difficult relationships, caregiver fatigue, anger, forgiveness of others/self. Followed by a mini retreat in the afternoon of MSC guided meditations.

Day 5: Embracing your life and hardwiring for happiness. Finish at 1 pm

Presented by Marie Bloomfield, and Marianna Lolas, Clinical Psychologists. Marie has over 40 years of extensive experience in mental health in the public, corporate, academic and private sectors. Marie was one of the first trained and accredited mindful self-compassion teachers in 2014 and has presented over 50 MSC since. Marianna has had a private practice for the last 10 years and is also a trained MSC teacher.

## Mindful Self-Compassion for Professionals Workshop 4.5-day

Date: 20-24 July 2026 (9:00am-5:00pm) finish at 1pm on the last day

Venue: Broadbeach Surf Life Saving Club- Gold Coast

27 Broadbeach Blvd, Broadbeach, QLD

Cost: Early Bird (20 June): \$1,350.00, Regular Price: \$1,490.00

APS members: \$1,300.00, APS student members: \$1,200.00

Discounts are available if you have financial concerns.

For more information: [marie@bloomfieldpsychology.com.au](mailto:marie@bloomfieldpsychology.com.au)

To register, visit [www.mindfulpath.com.au](http://www.mindfulpath.com.au)

