

blue wren psychology

# Mindful Self-Compassion

## 8 week training program



Mindful Self-Compassion (MSC) is an empirically-supported, 8-week training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

### 8 week on-line program

Week 1: Introduction to Mindful Self-Compassion

Week 2: Practicing Mindfulness

Week 3: Practicing Kindness

Week 4: Discovering your Compassionate Voice

Week 5: Living Deeply

Week 6: Meeting Difficult Emotions

Week 7: Exploring Challenging Relationships

Week 8: Embracing Your Life

Plus Half Day Mindfulness Meditation Retreat.



### Mindful Self Compassion 8-Week ONLINE program 2025:

Date: Thurs 1 May– 19 Jun 2025 (6.30-9pm) + Retreat Sat 31 May (9am-12pm)

Venue: Online via ZOOM

Cost: **Super Early Bird (Pay by 28 Feb) \$495**, **Early Bird (Pay by March 31) \$565**  
**Regular \$595**

For more information email Marianna: [kindness@bluewrenpsychology.com.au](mailto:kindness@bluewrenpsychology.com.au) or register your interest through [www.bluewrenpsychology.com.au](http://www.bluewrenpsychology.com.au)



*This 8-week program is presented by Marianna Lolas, Clinical Psychologist, and Mindful Self-Compassion Trained Teacher. Marianna has been running on-line MSC courses and week long mindfulness retreats for the past few years.. She works closely with her mentor and friend Marie Bloomfield.*

