



Compassion-Focused Therapy (Compassion Mind Training) Morning or Evening Online, 12 hours - 6 weeks

*Compassion is the heart of healing.
It is a powerful source of
strength, coping and resilience.*

Interactive live Webinar for a complete introduction to Compassion-Focused Therapy (CFT- Paul Gilbert) or Compassion Mind Training to promote effective clinical intervention. We will present an evidence-based framework and practices in mindfulness and self-compassion found to transform a wide range of mental issues such as anxiety, depression, trauma, anger, inner criticisms, and shame.

Presented by Marie Bloomfield, Clinical Psychologist and John Julian, Social Worker, both accomplished therapists, each having over 40 years of experience in working in mental health, including public, academic, and private sectors. John and Marie have been using Compassion-Focused Therapy since 2011. They are both leaders in teaching Mindfulness and Self-Compassion for health professionals in Australia.

Location: Online

Morning or Evening Course

Date: Monday 3rd Oct.- 7 Nov. 22

Monday 11:00am-1:00pm AEST

Evening 7:00 – 9:00pm

Early bird (19 Sept.): \$320.00

Regular: \$380.00



For more information or to register visit
www.mindfulpath.com.au

Or contact:

John 0439901795, john.julian56@gmail.com

Marie 0427795721, marie@bloomfieldpsychology.com.au