

# Center for Mindful Self-Compassion

## Marie Bloomfield & John Julian



### Self-Compassion for Health Professionals

#### 6-wk program

*Learn skills you can use at work, in the hot-spot, in life, or at home to reduce stress and burnout.*

*Self-Compassion for Health Professionals* is one-hour per week for 6 weeks. It is an evidence-based healthcare adaptation of Mindful Self-Compassion, an empirically supported program of Dr. Kristin Neff at UT Austin and Dr. Chris Germer at Harvard Medical School. Research conducted in 2019 shows that the short course program leads to a reduction in stress, depression, secondary traumatic stress and burnout, as well as an increase in compassion, mindfulness, and job satisfaction in healthcare professionals.

**Presented** by John Julian, Social Worker, and Marie Bloomfield, Clinical Psychologist, leaders in teaching Mindfulness and Self-Compassion for professionals, over the last 15 years in Australia. John and Marie have 40 years each of extensive experience in mental health in the public,

**7.00-8:00 pm Monday**  
**18 May-22 June 2020**  
**6 weeks**

Location: Online (Zoom)  
Early bird (1<sup>st</sup> May): \$99.00  
Regular: \$150.00

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

For more information contact:

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