

Self-Compassion for Health Professionals (6 weeks)



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

**Presented by
Marie Bloomfield and John Julian**

Self-Compassion for Health Professionals is an evidence-based integration of Mindful Self-Compassion (Kristin Neff and Chris Germer) and Compassion-Focused Therapy/Compassion Mind Training (Paul Gilbert). Numerous research have shown that training in self-compassion reduces stress, anxiety, depression, and burnout, while increases wellbeing, resilience, job satisfaction and quality of service-delivery in healthcare professionals.

Presented by Marie Bloomfield, Clinical Psychologist, and John Julian, Social Worker. They are both Mindful Self-Compassion and Compassion-Focused Therapy Teachers and 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, corporate, academic and private sectors.

Date: 30 Sept.-4 Nov (6 weeks)

Time: 7.00-8:30 pm (Thursday)

Live Online Training (Zoom)

Early bird (16 Sept.): \$265.00

Regular: \$320.00

To register visit www.mindfulpath.com.au

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