

Beyond

Mindfulness and Self-Compassion for Professionals(M+SC)

This workshop is an advanced didactic and experiential workshop for professionals who already have established a personal and professional practice in M+SC.

The aim is to deepen your understanding and applications in M+SC, so you can extend it in your professional work for increased effective interventions and enhanced self-care.

Beyond Mindfulness Self-Compassion

Day 1 AM: Mindfulness-Based Emotional Balance advanced practices. PM: Cultivating tools from the Compassion-Focused Therapy model

Day 2 AM: Exploring healing and forgiveness. PM: Mini Silent Compassion-Focus Retreat

Day 3 AM: Understanding and prevention of caregiver fatigue. Finish at 1pm

Presented by Marie Bloomfield. Marie is a leader in teaching Mindfulness and Self-Compassion for professionals, over the last 10 years in Australia. She is a registered clinical psychologist and Medicare provider with extensive experience in the delivery of psychological services in mental health in the public, corporate, academic and private sectors. Marie is one of the first trained and accredited mindful self-compassion teacher and has presented over 40 MSC programs.

BEYOND MINDFULNESS + SELF-COMPASSION FOR PROFESSIONALS- (3 days)

Date: 13 May-15 May 2020 (9:00am-5:00pm) Finish at 1:00pm on last day

Venue: Kirra Hill Beach Community Centre, 1 Garrick St, Coolangatta, QLD, 4225

Cost: Early bird (13 April): \$450.00

Regular: \$500.00

For more information send email to marie@bloomfieldpsychology.com.au

or to register visit www.mindfulpath.com.au



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