

# 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 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 this short 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, both Senior Certified 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: 15 Oct. till 19 Nov. 2020 (6 weeks)

Time: 7.00-8:15 pm (Thursday)

Location: Online (Zoom)

Early bird (1<sup>st</sup> Oct.): \$199.00

Regular: \$250.00

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

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