



Compassion-Focused Therapy (Compassion Mind Training) 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, an empirically validated intervention that is highly effective to treat a wide range of mental health issues based on self-criticism and shame such as in depression, anxiety disorders, eating disorders, obsessive-compulsive disorders, chronic pain and post-traumatic stress disorders and others.

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

Date: 5 Aug.- 9 Sept. 2021

Thursday 7:00-8:30pm

Date: 9 Aug.- 13 Sept. 2021

Monday 10:00am-12:00pm

AEST (UTC +10)

Early bird (22 July): \$290.00

Regular: \$340.00AUD



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

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