



# Compassion-Focused Therapy (Compassion Mind Training) Online, 10 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 and Mindful Self-Compassion for individual and group clinical interventions since 2011. They are both leaders in teaching Mindfulness and Self-Compassion for health professionals in Australia.

**Location:** Online

**Date:** 8 February- 15 March 2021

Monday 7:00-8:30pm

**Early bird** (24 Jan.): \$240.00

**Regular:** \$290.00



For more information or to register visit  
[www.mindfulpath.com.au](http://www.mindfulpath.com.au)

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