

MINDFUL SELF-COMPASSION COURSE FOR THERAPISTS

- **Are you constantly doing courses to benefit your clients but not yourself?**
- **Do you tell yourself stories that you're not good enough?**
- **Are you experiencing burnout?**

How often have you participated on a course that is just for YOU?

What might it be like to learn how to take better care of your own needs and treat yourself more kindly?

As therapists, we often believe that it's not ok to feel vulnerable or that we "should" know all the answers. Even if we know that we deserve compassion because we give so much of ourselves, are we able to put this into practice in a meaningful way in our day-to-day lives?

Would you like to find a better balance between holding space for your clients and holding space for yourself? We can often confuse empathy with compassion and as a result feel fatigue and burnout.

By learning self-compassion, we can become less self-critical, more mentally and emotionally resilient and recognise our unique gifts and the value of what we have to offer.

If you want to cultivate a more compassionate and friendly relationship with yourself, then this course is for you.

Fully experiential online course

We use guided practice, exercises, discussion, and reflection to support your learning in a space that is safe and welcoming.

The course comprises a 3-hour introductory session on week 1, 7 x 2.5-hour sessions plus a 4.5-hour retreat day in between sessions 5 and 6.

If you have any questions or if there is anything you would like to discuss, please do not hesitate to get in touch.

"DO THIS COURSE! IT'S A
GIANT BUCKET OF LOVE
AND WARMTH"

●
LUCY, THERAPIST



Denise Banks and Jonathan Ward are offering this course exclusively to therapists.

Date: 8th April -17th June 2024

Time: 10am-12.30pm (apart from session 1: 10am-1pm and retreat day 10am-2.30pm)

Location: ONLINE

Cost: £325 (limited places)

To book contact:

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