

# SELF-COMPASSION IN PERI/MENOPAUSE COURSE

## Who is this course for?

Peri/menopause can be a time where change, self-doubt and self-criticism challenge us.

This course is developed for those in peri/menopause:

- who are looking to connect with others
- looking to explore ways to be kinder and more accepting of themselves
- those keen to strengthen self-compassion and self-care

## What is self-compassion?

Self-compassion involves bringing kindness to ourselves and our experiences. It is particularly helpful for:

- Managing stress
- Reducing self-criticism
- Strengthening self-esteem
- Regulating emotions

## What is covered in the course?

- Understanding the barriers to self-compassion
- Learning skills to slow down and increase calm
- Developing compassionate thought and behavior patterns
- Enhancing self-care and acceptance in peri/menopause
- Connecting and learning from others

## Commitment

Self-compassion requires practice, the more you practice the more you will benefit. To get the most out of this course you will need to be able to commit to attending all sessions, complete brief readings and implement skills daily.

## What does the course cost?

\$200, which includes the cost of the eight sessions and materials.

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**Next course:** Tuesdays, 21 July – 8 September 2026, 12.00pm – 1.30pm

**Where:** Psychology Centre, University of Canterbury, Ilam Campus

**Who is running the group:** Clinical Psychology Trainees and Psychology Centre Staff

**For more information:** email [ann.huggett@canterbury.ac.nz](mailto:ann.huggett@canterbury.ac.nz)

**Register here** or on the Psychology Centre website [www.canterbury.ac.nz/psychology-centre](http://www.canterbury.ac.nz/psychology-centre)