

Self-Compassion Course

What is Self-Compassion?

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

- Managing stress and anxiety
- Regulating emotions
- Building self-esteem
- Reducing self-criticism

What's involved?

It is an 8-week course (of 90 min sessions) that aims to introduce you to skills that support self-compassion which include:

- Identifying self-criticism
- Breaking down barriers to self-compassion
- Developing compassionate thought and behaviour patterns
- Practicing and maintaining self-compassion and self-care skills

Who is this course for?

Everyone can benefit from a bit more self-compassion. However, this course was particularly developed for people who are self-critical and find it hard to develop or maintain self-care. The course is suitable for people 18 years and over.

Practice

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 10-20 minutes of home-practice a day.

What does it cost?

\$250 which includes the cost of the course and materials

When: Wednesday 12:30-2pm weekly sessions starting 15th March to 3th May 2023

Where: University of Canterbury

Who is running the group: The course is run through The Psychology Centre by two Clinical Psychology Trainees (under supervision of a Senior Clinical Psychologist)

Contact Details:

If you would like to learn more about the 8-week program or register, please contact The Psychology Centre on psychclinic@canterbury.ac.nz