

Self-Compassion for Health Professionals

(10 hours - 6 weeks)



Learn skills you can use at work, in the hot-spot, in life, or at home to reduce stress and burnout.

**Presented by
John Julian and
Marie Bloomfield**

Self-Compassion for Health Professionals is 1.5 hour per week for 6 weeks. It is an evidence-based healthcare adaptation of Mindful Self-Compassion, an empirically supported program of Dr. Kristin Neff and Dr. Chris Germer. Research conducted in 2019 shows that this short course program leads to a reduction in stress, depression, secondary traumatic stress and burnout, as well as an increase in compassion, mindfulness, and job satisfaction in healthcare professionals.

Presented by John Julian, Social Worker, and Marie Bloomfield, Clinical Psychologist, leaders in teaching Mindfulness and Self-Compassion for professionals, over the last 15 years in Australia. John and Marie have 40 years each of extensive experience in mental health in the public, corporate, academic, and private sectors.

7.00-8:00 pm Thursday
10 Feb. – 17 March 2022
6 weeks

Live Online (Zoom)
Early bird (26 Jan.): \$265.00
Regular: \$320.00

To register visit www.mindfulpath.com.au

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