



MINDFUL SELF-COMPASSION FOR MENTAL HEALTH PROFESSIONALS

Friday Mornings 9:30a- 12pm

January 26th-March 16th

1/2 day retreat Sunday February 25th 9a-1p

Mindful Self-Compassion provides a powerful tool for emotional resilience. Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. Self-compassion can be learned by anyone.

Mental health professionals will learn skills to offer clients or patients as well as experience the benefits for themselves through this 8 week course. Activities include meditation, short talks, experiential exercises, group discussion, and home practices. The intention of the course is for participants to directly experience self compassion, which is a powerful way to model and share learned practices and skills with clients.

No meditation experience is required.

20 CE credits applied for LCSW and LPC

For more information, please contact :
Hannah Hawkins-Esther at (770) 595-4510,
hannah@hhe-therapy.com or amysternwh@yahoo.com



**HANNAH
HAWKINS-ESTHER
LCSW**



**AMY STERN
LCSW**

Hannah Hawkins-Esther LCSW and Amy Stern LCSW have received training from the creators of the MSC Curriculum, Christopher Germer PhD and Kristin Neff PhD, and are certified to teach MSC. Additionally, both are regular meditators and have received training in mindful meditation. Each has a private psychotherapy practice working with individuals, couples and families.



6100 LAKE FORREST DRIVE, STE. 450
ATLANTA, GA 30328
FAX (404) 549-9316
ATLANTACENTERFORWELLNESS.COM