

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, limited to 12 attendees) 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 implementing skills daily and completing brief reflections and exercises in a workbook.

What does it cost?

\$250 which includes the cost of the course and materials. A subsidized fee of \$80 is available for University students and Community Services Card holders.

When: Wednesday 12:30-2pm; weekly sessions starting 13 March 2024

Where: University of Canterbury, Ilam Campus

Who is running the group: Psychology Centre staff and clinical psychology trainees

For more information: please email psychclinic@canterbury.ac.nz

This course is also a research project looking at the effects of self-compassion on wellbeing. Participation in this research is voluntary. This project has been reviewed and approved by the University of Canterbury Human Research Ethics Committee (HREC 2023/128).