

THE SOUTH SOUTHWEST MENTAL HEALTH TECHNOLOGY TRANSFER CENTER PRESENTS:

# SELF-COMPASSION WEBINAR

## SERIES:

SESSION #8

TUESDAY, AUGUST 18, 2020

4:00-5:00 P.M. CDT

## FOSTERING RESILIENCE DURING COVID-19

**Whether you're a counselor, teacher, or social worker, serving children is hard.**

At any given moment, there are numerous tasks required of you, and you often feel like your plate is overflowing. In addition to the pressures of work, stress in your personal life - taking care of family, health concerns, or financial burdens - take their toll. You're taking care of everyone, and often feel exhausted.

This series of 12 self-compassion sessions teach you how to care for yourself in the moment that you most need it. Research has shown that those who are more self-compassionate experience less stress, anxiety, and depression, are more resilient, and better able to deal with emotional challenges. Drawn from the internationally-acclaimed Mindful Self-Compassion program, created by Drs. Kristin Neff (education psychologist at UT-Austin, and Chris Germer (clinical psychologist at Harvard University), the sessions will be comprised of didactic presentations, guided practices, and discussions which will offer specific tools that you can use to give yourself the support you deserve.

featuring



**Dr. Karen Bluth (Ph.D.)** | Department of Psychiatry, UNC-Chapel Hill and Research Fellow at Frank Porter Graham Child Development Institute

*As a mindfulness practitioner for over 40 years, a mindfulness teacher, and an educator with 18 years of classroom teaching experience, Dr. Bluth frequently gives talks, conducts workshops, and teaches classes in self-compassion and mindfulness in educational and community settings. In addition, she trains teachers in Making Friends with Yourself internationally.*

### Questions?

Please contact Michelle Monk,  
Senior Program Coordinator at  
the South Southwest MHTTC:  
Michelle.Monk@austin.utexas.edu  
(512) 232-6581

**REGISTER HERE:** 