

# MINDFUL SELF-COMPASSION

A day long workshop offering teachings and practices on how to work with our internal critic mind as an opening to compassion for ourselves and others.



In this workshop we will look at how our critic mind, the internal voice that criticizes and judges us develops. And we will look at how we can get some distance from it and develop compassion for ourselves instead. So that rather than judging ourselves for inadequacies or shortcomings, we can cultivate kindness and compassion for our underlying suffering and vulnerability.

We will engage in experiential interactive exercises in small groups and experiment with various self-compassion practices.

## Facilitator

**Beth Trotter**, M.A., Registered Clinical Counsellor, has practised in the Buddhist Vipassana tradition for thirty years and has been a psychotherapist in private practice over the past twenty-five years. She brings a commitment to creating a safe, supportive and respectful learning environment.

For further information please call  
**Beth Trotter at (250)386-7805**  
or visit the website at  
**[www.bethtrotter.com](http://www.bethtrotter.com)**  
email: **[bethtrotter@shaw.ca](mailto:bethtrotter@shaw.ca)**

## New workshop:

**Date:** Sunday June 19

**Time:** 10am - 4pm

**Held in:** Activity Centre  
Queen Alexandra Children's  
Health Centre,  
2400 Arbutus Rd

**Cost:** \$85 (cheque or cash)

**Registration:** [bethtrotter@shaw.ca](mailto:bethtrotter@shaw.ca)