

# MINDFUL SELF-COMPASSION

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



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

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

## Facilitator

**Beth Trotter**, MA, Registered Clinical Counsellor, has practised in the Buddhist Vipassana tradition for thirty years and has been a student of the Diamond Approach for fifteen years. She has worked as a psychotherapist in private practice over the 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 Oct 1

**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)  
Spaces limited so please register early