Mindful Self-Compassion (MSC) is an empirically-supported 8-week course designed to cultivate the skill of self-compassion. Instead of mercilessly judging and criticizing yourself, Self-compassion involves responding in a supportive and understanding way when you have a difficult time, fail, or notice something you don’t like about yourself. In this course you will obtain the tools and skills to change yourself in ways which can increase self-compassion and, in turn, increase health and happiness.

Presenter: Bill Johnson, Ph.D.
Coming Spring 2021
Dates & Time TBD