

Self-Compassion in Peri/Menopause Course

Who is this course for?

Everyone can benefit from a bit more self-compassion.

Peri/menopause can be a time where change, self-doubt and self-criticism challenge us.

This course is developed for:

- those in peri/menopause who are looking to connect with others
- those looking to learn together and explore ways to be kinder and more accepting of themselves
- those keen to strengthen self-compassion and self-care

What is Self-Compassion?

Self-compassion involves bringing kindness to ourselves and our experiences. It is particularly helpful for:

- Managing stress
- Regulating emotions
- Strengthening self-esteem
- Reducing self-criticism

What is covered in the course?

- Exploring how self-compassion can support us during peri/menopause
- Understanding the barriers to self-compassion
- Learning skills to slow down and increase calm
- Developing compassionate thought and behavior patterns
- Enhancing self-care and acceptance in peri/menopause
- Connecting and learning from others

Commitment

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 attending all sessions, complete brief readings and implement skills daily.

What does the Course Cost?

\$200 which includes the cost of the 8 sessions and materials

When: Wednesday 12:00 - 1.30pm - 8 weekly sessions 12 March – 7 May
(no session on 23rd April - Easter)

Where: University of Canterbury, Ilam Campus

Who is running the group: Clinical Psychology Trainees and Psychology Centre Staff

For more information: Please Email psychclinic@canterbury.ac.nz

[Register Now](#)