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Self Compassion for the caring professions

A one-day workshop on Saturday 9th June 2018

"The workshop overall was excellent, and Rachel was an engaging facilitator."

In the caring professions we need to practice self-care so that we are able to care for others. We also often want to teach the people we work with how to develop compassion for themselves and others.

This workshop, based on the work of Paul Gilbert, explains how our brains respond to threat and how developing compassion can help calm this threat system and make us more open to others and more content ourselves.

Who is the course for?

This course is for anyone working in the caring professions or a pastoral role e.g. counsellors, medical professionals, psychotherapists, social workers, counselling skills users, ministers, celebrants, or teachers.

Learning outcomes include:

- Gaining familiarity with the main principles of the book "The Compassionate Mind" by Paul Gilbert
- Knowing how to develop compassion for yourself and others
- Reflection on how you care for yourself
- Understanding how our brains have developed to have a fast-acting threat-response which can be a source of anxiety, depression and aggression
- Learning how developing compassion can help calm this threat system and increase contentment
- Practicing techniques to develop compassion for self and others

Course details

Dates - Saturday 9th June 2018

Times - 9.30am – 4.30pm

Venue - Rowan Consultancy, 4 Kinnoull Street, Perth, PH1 5EN

Cost - £120 + VAT

[Further details about the course and trainer can be found on our website](#)

Book Now

If you would like to book a place, please download a [booking form](#) from our website and either email or send it to us at the address below. If you would like to make payment by card, please call us on 01738 562005. Our office is open Monday to Friday 9am to 4pm.

Direct to your inbox

If you would like to receive details of our future training courses and events, please email rowan@rowan-consultancy.co.uk and ask to be added to our mailing list.

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