

Free Introduction to Mindful Self-Compassion: Find More Joy and Quiet Your Inner Critic

Presented by: Tara Murphy, LPC, LADC Psychotherapist

In this two hour workshop based on “Self-Compassion” the book and research by Kristin Neff, participants will learn:

- The 3 components of self-compassion
- What is mindfulness?
- What is self-compassion?
- The advantages of self-compassion vs. self-esteem
- Why do we have an inner-critic and where does it come from?
- How to quiet your inner critic through mindfulness and move to self-compassion
- Meditations for self-compassion
- How compassionate self-touch can help connect the mind and body

Monday, September 26th | 6:30pm – 8:30pm

45 S. Main Street

West Hartford, CT

Workshop will be held in the lower level conference room

Please RSVP to info@taratherapyct.com



Tara is a licensed professional counselor, licensed alcohol and drug counselor and certified yoga teacher. She has worked in behavioral health for over 15 years and currently has a private practice in West Hartford and Cheshire, CT. Her writing has been featured in Wallingford Connecticut Magazine and she is a regular contributing guest on Radio 103.5FM WNHH “The Culture Cocktail Hour”. Having learned from personal experience she is passionate about helping people find more joy, mental health and wellness. To find out more about Tara visit www.taratherapyct.com, <http://www.facebook.com/taratherapyct/>, and twitter @taratherapyct.

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