

Focus Fridays Training Series

Virtual training opportunity for the helping professional to reset, reflect, draw awareness and grow in your role as a compassionate provider.

Register individually for \$10 per session

Mindful Self-Compassion

March 17, 2023, 8:30am -10:30am

Virtual Learning via Zoom

2.0 Continuing Education Hours

Trainer: Beth L. Smetana, MSSW, LCSW

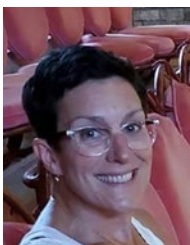
Course Description:

How can we become our own inner friend versus our inner enemy? Self-compassion is a skill that can be learned and practiced to enhance our health and well-being. In this program, we will learn about the three main components of self-compassion and how research supports the use of this skill to build our coping and resiliency skills. We will also explore different self-compassion exercises and how to develop a personal and consistent practice.

Learning Objectives:

- Identify the three main components of self-compassion
- Understand the benefits of self-compassion
- Participate in three different self-compassion practices
- Develop an initial self-compassion plan of practice

About your Trainer:



Beth Smetana, MSSW, LCSW, is a social worker who has worked with a variety of settings and populations over her career. She has had roles from supervisor to director to trainer, and has enjoyed each different role and aspect in the human service field. As a trainer, she loves sharing best practices and knowledge gained from her experience on the job, as well as supporting participants in their career growth.