

Self-Compassion Program

Providing resources, education and clinical support to enhance your ability to live a rich, full and meaningful life.

Who is the program for?

This program is designed for people who want to learn and apply skills in self-compassion, self-validation, gratitude and resilience.

Program Content

- Discovering self-compassion
- Self-compassion skills
- Applying self-compassion to anger
- Overcoming shame with compassion
- Learning to forgive ourselves
- Addressing your inner critic
- Self-Compassion for negative beliefs
- Overcoming resistance
- Building resilience

About the program

This semi-open group program aims to assist patients to live a rich, full and meaningful life by applying the principles of Compassion Focused Therapy to enhance their wellbeing. Participants will learn how to use compassionate practise to manage anger, shame, fear and build resilience.

When is it held?

One day a week over 12 weeks as detailed below. Intake dates are every 6 weeks. Morning tea is provided.

8:30am - 9:00am	Registration and sign-in
9:00am - 12:15pm	Group Program

Check our website for the current timetable.

Day Program Attendance

If you or your health professional believe this program would be beneficial to you or your loved ones, please obtain a referral from a South Coast Private Psychiatrist or contact us on the details below.

How much does it cost?

South Coast Private has contract arrangements and approved programs with majority of private health funds, however, there may be some out of pocket expenses based on your level of cover.

Patients that do not have private health insurance need to contact us to obtain cost estimate for day programs attendance.

Further Information

For information on this program please contact the South Coast Private Day Programs Team.

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