

# 8-Week Mindful Self- Compassion Course



Sean Cook, Psy.D.



Luana Coloma Cook, Psy.D.

**9/11/16-10/30/16, Sundays 1-4pm, Retreat 10/9 9-5pm**

Mindful Self-Compassion (MSC) is a research-based program. Research has shown self-compassion to be linked to trauma resiliency, body satisfaction/appreciation, healthy aging, decreased depression, decreased anxiety, increased relationship satisfaction, and maintenance of health-related behaviors like diet & exercise.

Students in September course can opt-in to UCD research study and receive \$100 gift card

Location: Alliant International University, Sacramento | Tuition: \$395

[www.threeriversmindfulness.com](http://www.threeriversmindfulness.com)  
[sean@threeriversmindfulness.com](mailto:sean@threeriversmindfulness.com)

916-717-1725