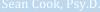
## 8-Week Mindful SelfCompassion Course









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

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