

Self Compassion

g r o u p w o r k s h o p

Chronic Pelvic Pain



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Dealing with chronic pelvic pain can feel like a lonely journey full of second guessing, anxiety about the future, and despair and isolation around the pain. Whether you are at the beginning, middle, or end of your journey recovering from chronic pelvic pain, this course offers you the opportunity to come out of isolation and feel support and connection with other women on the same path, while learning kind self-care and practical strategies for relating differently to yourself and to your pain. Class activities will include guided meditations, short talks, experiential exercises, and home practices. All material is geared to be immediately integrated.

- ◆ The science of self-regulation
- ◆ Change your relationship with your inner bully
- ◆ Cultivate kindness & compassion towards yourself & your pain
- ◆ Identify your triggers & develop tools to respond
- ◆ Grow your capacity for joy & other positive emotions

Begins Oct 3, 2015
6 Consecutive Weeks

60 minutes
per meeting

\$240 for entire 6-week course
(\$220 if registered before Sept. 20)

Email today danielle@painpsychologycenter.com or call
310.594.7615



Meets via Google Hangouts each Saturday