

# Self Compassion

g r o u p   w o r k s h o p

## TMS/Mind-Body Syndrome

Dealing with TMS can feel like a lonely journey full of second guessing, anxiety about the future, and despair and isolation around the experience of physical pain. Whether you are at the beginning, middle, or end of your journey recovering from TMS, this course offers you the opportunity to come out of isolation and feel support and connection with others 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.



Danielle Brown, MA, JD  
Psychotherapist

- ◆ 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 Sept 30, 2015**

6 Consecutive Weeks

60 minutes  
per meeting

**\$200 for entire 6-week course**

(\$180 if registered before Sept. 20)

Email today [danielle@painpsychologycenter.com](mailto:danielle@painpsychologycenter.com) or call  
**310.594.7615**



Meets via Google Hangouts each Wednesday

Danielle is a registered Marriage and Family Intern (IMF 80597) supervised by Samantha Bothast, LCSW