

INTRODUCTION TO SELF-COMPASSION FOR SHAME



Shame is often an invisible emotion, yet it appears frequently in our lives. Shame interferes with our wellness. It makes us feel like we are flawed and not enough. Learning to work with shame can dismantle an array of difficult emotions.

Join us for a 6-hour, online, experiential workshop as we take a fresh, non-pathological look at shame through the eyes of compassion.

Instructor: Dr. Patricia Isis,
Ph.D. LMHC-QS, ATR-BC, ATCS

Live Online:
Saturdays, May 10th and 17th
10am - 1pm



Visit our webpage to register:
www.mindfulkidsmiami.org/spring-2025

Learning Objectives:

Apply new self-compassion practices to relieve the burden of shame

Disengage from habitual self-criticism by cultivating self-compassion

Take positive action to live with less shame in daily life



M-DCPS employees eligible for 6
MPP's

CE's available for Mental Health
Professionals

Contact us: info@mindfulkidsmiami.org or 305-270-3262