



# Radiance: Self-Compassion for Eating and Weight Concerns



## ABOUT THE PROGRAM:

The program was developed by Clinical Psychologists, Dr. Kiera Buchanan and Dr Stan Steindl, and Dietitian, Kate Pollard, to address the missing ingredient in typical interventions aimed at improving eating behaviour and body-image; self-compassion.

Through taking a Compassion-Focused Therapy approach, the program explores the role of self-criticism in maintaining eating, weight, and body image concerns in both males and females and goes on to assist participants in developing skills in awareness and compassion as a means of better managing these concerns.

## OTHER INFO:

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Programs delivered quarterly, to enquire when the next program starts and/or register your interest for the next program, contact us:

Suite 53, Level 5, Silverton Place  
101 Wickham Terrace  
Spring Hill QLD 4000

P (07) 3161 0845  
E [info@cfih.com.au](mailto:info@cfih.com.au)  
[www.cfih.com.au](http://www.cfih.com.au)