Centre for
Integrative Health

Psychology ■ Nutrition ■ Exercise

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:

- 10-week program
- Wednesdays weekly 5:30pm-7:30pm
- Commencing July 25th 2018
- Delivered by CFIH psychologist & nutritionist
- $65.00 per session (Medicare rebates available)

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

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