



Teaching Self-Compassion to Your Clients (And Yourself)

FREE: 3 IDFPR CEU for LSW/LCSW, LPC/LCPC, Psychologist, and IAODAPCA (pending)

People often seek therapy when they realize they have spent much time caring for others and have consistently put themselves last. Others present with anxiety and constant self judgement that comes from perfectionism. Others carry guilt and shame that has created a burden that feels too heavy to carry. All of these people (and maybe you too) can benefit from self compassion. This training will utilize both didactic and experiential learning styles.

- Friday, December 5, 2025
- 9:00 am - 12:00 pm
- McHenry County Mental Health Board
620 Dakota Street, Crystal Lake

Shira Greenfield, LCPC

Registration Link >>>



Training Coordinator
Kris Doherty
kdoherty@mc708.org

