



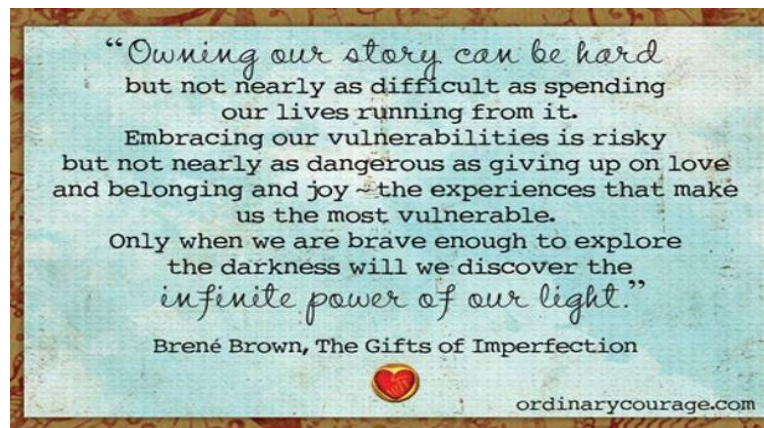
## Mental Health Practitioner 'Connections' Group

Part 1: 6wks commencing Wednesday 23<sup>rd</sup> of October 2019

The Connections Curriculum was developed by Dr Brené Brown as a tool the help professionals and clients recognise and understand shame and to develop shame resilience.

*'Fear of vulnerability and shame totally unravels our ability to form deep connection not only with others but with ourselves'*

### CONNECTION vs SHAME



These are Dr Brown's 1-2-3s of shame...

1. We all have it...the only people who don't are those who lack the capacity for empathy and human connection
2. It's a topic that we avoid like the plague
3. The less we talk about shame, the more control it has over our lives

Connections is an experiential group program facilitated by psychologists Lou and Lynlea. It is run in two parts, of 6-weeks each (1 evening per week) during which participants will learn to build wholehearted connections with themselves and others through awareness, hope building, shame resilience, connection and courage.

**NOW** taking expressions of interest. Fee for each part is \$350 inclusive of materials.

**Wednesday evenings at Likeminds Clinic 6pm to 8.15pm**

**Email - [contact@likemindsclinic](mailto:contact@likemindsclinic) or call - 08 61812166**

Part 2: To be held in early 2020