

The Basics of Self-Compassion in The College Population



Jacquelyn Nuber, Psy.D.

Dr. Nuber is a staff clinician at the AU Center for Well-Being. She has had experience working in university counseling, community mental health, and hospital settings. Her professional interests include integrative psychotherapy, working with emerging adults, relationship and couples counseling, women's issues, and group work. Her clinical style utilizes psychodynamic theories and places a strong focus on relational techniques as well as mindfulness and self-compassion.

This seminar is free of cost and limited to American University CWB employees.

Seminar includes beginner-level information and skills training in ACT. At the completion of this training, participants will be able to:

1. Describe Dr. Kristin Neff's research on Self-Compassion and it's 3 elements: self-kindness, common humanity, mindfulness
2. Apply self-compassion techniques to work with college aged population: increase tools for students to respond in a kind and compassionate way to difficult experiences and emotions
3. Identify resources to utilize in implementing self-compassion techniques

1.0 hours of CE credits are available for participants who attend entire program.

Thursday, May 23, 2024

12-1:00pm

Seminar will take place virtually via Zoom. Attendees will receive Zoom link after registration.

Register at this [link](#) or scan the QR Code to Register



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For additional information please contact Dr. Maura McFadden: mmcfadden@american.edu, 202-885-3500

