

Looking Glass Counseling and
Wholehearted Psych

PRESENT

LIVE + ONLINE TRAINING

**SELF-COMPASSION & SHAME
RESILIENCE: SUPPORTING RADICAL
HEALING IN MARGINALIZED
COMMUNITIES**

WITH INSTRUCTOR: addyson tucker, PsyD (they/them)

Date & time:

Fri Sept 22, 1-5pm

Live in Somerville, and live virtually

Cost:

Training fee \$150

Equity rate option available*

3.5 CE credit fee \$25

Description:

Join Dr. addyson tucker (they/them) in collaboration with Looking Glass Counseling for a hybrid event on Friday, September 22nd from 1PM - 5PM. Learn more about self-compassion and shame resilience as key ways to support radical healing when serving marginalized communities.

Participants are encouraged to have some working knowledge of their own identity and power/privilege within systems of oppression. Participants are also encouraged to have willingness & ability to 'lean in' with humility & accountability when supporting their clients with intersectionality marginalized identities, who may be facing daily reminders of the violence & harm impacting people like them in the world.

After a brief overview of racial, gender and body liberation, participants will learn how those in intersectionality marginalized bodies might internalize external shame messages of being "too much" or "not enough." The training will demonstrate how self-compassion can both build shame resilience and offer space to 'hold the hard.' A model of radical healing (French et al., 2019) will build on theories of liberation to help honor lived experiences of navigating oppressive systems, while also identifying and exploring sources of pleasure and joy.

This program will offer 3.5 CE credits for those who attend live in-person or via zoom.

Note: CE credits are not available for those who wish to view the recording, and/or do not attend in full during the indicated time.

3.5 CE credits approved for Psychologists, MA LCSW and LICSW, NH LICSW and LCMHC, VT LICSW, LCMHC, and LMFT, & CT LCSW and LPC.

Application for MaMHCA/MCEAP CE credits has been submitted. Please contact us at info@lookingglasscounseling.net for the status of CE's for MA LMHCs.

Accommodations available for hearing impaired. In-person session is held in an ADA compliant location.

This program is co-sponsored by the New Hampshire Psychological Association (NHPA) and Looking Glass Counseling. NHPA is approved by the American Psychological Association to offer continuing education for psychologists. NHPA maintains responsibility for this program and its contents.



Refunds, less an administrative fee of \$25, will be issued for all cancellations received at least 48 hours prior to the start of the course. Refund requests must be made by email. No-shows are subject to the full course fee.

**In an effort to recognize barriers created by systems of oppression we invite those with less financial means to opt into paying a discounted rate between \$100-125. In support of this effort, we also invite those with more economic privilege to consider adding \$10-\$25 to the base price of attendance.*

Read more about our thoughts on sliding scales [here](#).



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