

Self-Empathy and Self-Empowerment

August 16, 2023

July 17, 2023

Dear mindfulness practitioner:

Greetings! I hope this note finds you well. I am very excited that I will be sharing with you the Self-Empathy and Self-Empowerment process because it has been life-changing for me and my clients.

Under separate cover, you will find an excerpt from the book *Empowerment Therapy*, which I invite you to read in preparation for the session. Although it is addressed to therapists, the model is useful for anyone in the helping profession. I trust that it will be helpful to you and your clients/students. The concepts are easy to understand, but difficult to apply. Reading the material ahead of time will make for a richer learning experience.

Please print the Self-Empathy / Self-Empowerment sheet and the Inventories and bring them to the session. The format will include: (a) presentation (b) demonstration; (c) dyads or triads; (d) discussion.

I look forward to co-creating a time of learning for all of us.

Warmly

Myra Walden