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COUNSELING & PSYCHOTHERAPY | PHD, LCSW

MINDFUL SELF-COMPASSION FOR PEOPLE LIVING WITH CHRONIC ILLNESS

🌀New Groups Forming Now🌀

“When we can actually be where we are, not trying to find another state of mind, we discover deep internal resources we can make use of. Coming to terms with things as they are is my definition of healing.”
- Jon Kabat-Zinn

My 6-week program includes:

- 4 group sessions where you will learn how to develop a mindful self-compassion practice.
- 2 one-on-one sessions to individualize your practice and support you in implementing it into your life.



Mindful Self-Compassion has been shown to:

- Increase Self Confidence
- Increase Optimism
- Increase Curiosity and Life Satisfaction
- Decrease Anxiety
- Decrease Perfectionism

Mindfulness can help people reduce their physical feelings of pain and discomfort by transforming their relationship to it.



Self-Compassion (how we treat ourselves) and Empathy (how we treat others) are not hardwired behaviors. They are skills we can learn and use to feel more connected, compassionate and courageous in our lives.



- * Groups meet in Roslyn Heights *
- * Day and Evening Groups Starting in March *
- * Medicare and some insurance accepted *
- * CALL FOR DETAILS *

For more information call 516.847.5886 or email me at:

<mailto:doctoramy@gmail.com>

Visit online at www.amyolshever.com