

## **Cassandra Graff, MS, LCSW**

Cassandra is a Certified Senior Teacher of the Mindful Self-Compassion (MSC) program, and a licensed psychotherapist. She offers Mindfulness and Compassion trainings nationally and internationally through the Center for Mindful Self-Compassion (CMSC) and the University of California at San Diego Center for Mindfulness.

Cassandra received her Master's degree from Columbia University in New York. With over 22 years of experience, Cassandra had a private practice and also mentored therapists for the California state licensing exam. Her work as a mental health professional transformed over the years, becoming mindfulness and compassion based through the integration of her extensive training and experience in meditation, mindfulness and yoga since the age of 15. Cassandra believes in the power and potential of mindful compassionate awareness to help us navigate life with greater wisdom, health and sense of well-being.

