



Recovery Community Workshop

"What Keeps Us from Being Kinder to Ourselves? Incorporating Self-Compassion Into Our Lives"

presented by Margaret Wyche, MA, LPC, LCAS, CCS

**Tuesday, January 29, 2019 • 6:30-7:30pm
At Elemental Healing, 5200 Park Rd, Ste 200-C,
Charlotte, NC**

What is Self-Compassion? Why do we need it?

Do you treat yourself as well as you treat your family and friends?

When you are faced with difficult life struggles, or confronting personal mistakes, failures, and inadequacies, how do you treat yourself? What kind of things do you say to yourself?

What if you responded with self-compassion and kindness rather than harsh self-judgment, recognizing that imperfection is part of the shared human experience.

Join us as we explore self-compassion and how to begin to incorporate it into our daily lives. We will discuss the 5 myths of Self-Compassion as identified by Kristen Neff.

Margaret Wyche, MA, LPC, LCAS, CCS



Margaret is a Licensed Professional Counselor, a Licensed Clinical Addictions Specialist and a Certified Clinical Supervisor. She specializes in working with adults around a wide assortment of issues and concerns including grief and loss, codependency, self-esteem, depression, anxiety, trauma, addiction and other life challenges. In addition, Margaret facilitates creative expression groups such as the

Artist Way and SoulCollage. The use of creative expression work often helps one tap into a deeper place of knowing and permits one to express feelings and emotions that might otherwise be hard to articulate. She has also completed three years of training in Somatic Experiencing (SE) which is a body-awareness approach to trauma.

In addition, Margaret facilitates groups for women around anger and 12 step recovery issues. Lastly, Margaret also provides clinical supervision for those seeking licensure or certification in addiction and for those seeking their licensure as licensed professional counselors.

All are welcome, No RSVP needed

For more information contact Alumni Services

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