

CONFERENCE



**Charlie Waller**  
INSTITUTE

Evidence-Based Psychological Treatment

# Self-compassion and self-esteem

16 April 2012

£100/£80 (Concessions)  
Venue: University of Reading



## CONFERENCE SPEAKERS

**Daniel Freeman**

University of Oxford

**Paul Gilbert**

University of Derby

**Deborah Lee**

Berkshire Traumatic Stress Service

**Kristin Neff**

University of Texas

Low self-esteem is both a pre-disposing factor for mental health problems, and a consequence of them. Hence, the majority of those with mental health problems experience the debilitating and distressing effects of low self-esteem. However, there are few evidence-based interventions available to guide the clinician in treatment. This 1-day conference will consider the state-of-the-art conceptualisation and treatment of low self-esteem, with a particular focus on recent developments in compassion-based approaches.

This Conference will be of interest to any mental health professional working with patients affected by low self-esteem, and to those interested in learning more about compassion-based approaches. The world-leaders in the field will provide keynote talks in the morning and deliver a choice of skills based workshops in the afternoon.

For more information, contact [cwi@reading.ac.uk](mailto:cwi@reading.ac.uk) or tel 0118 378 6668

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