

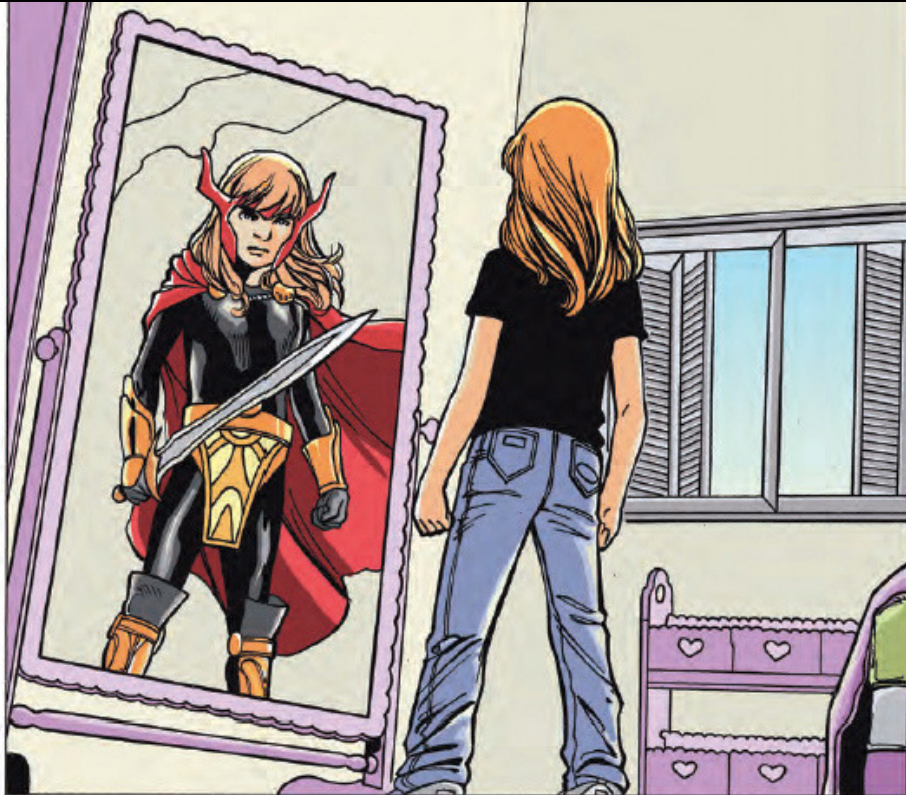
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SUPERHERO THERAPY

SEPTEMBER 21-22, 2019
SAN DIEGO, CA

13 CE HRS

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Committed actions: how to become a (super)hero IRL



Willingness: having tea with your internal monsters

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Defusion: thanking your mind but not letting it hold you back

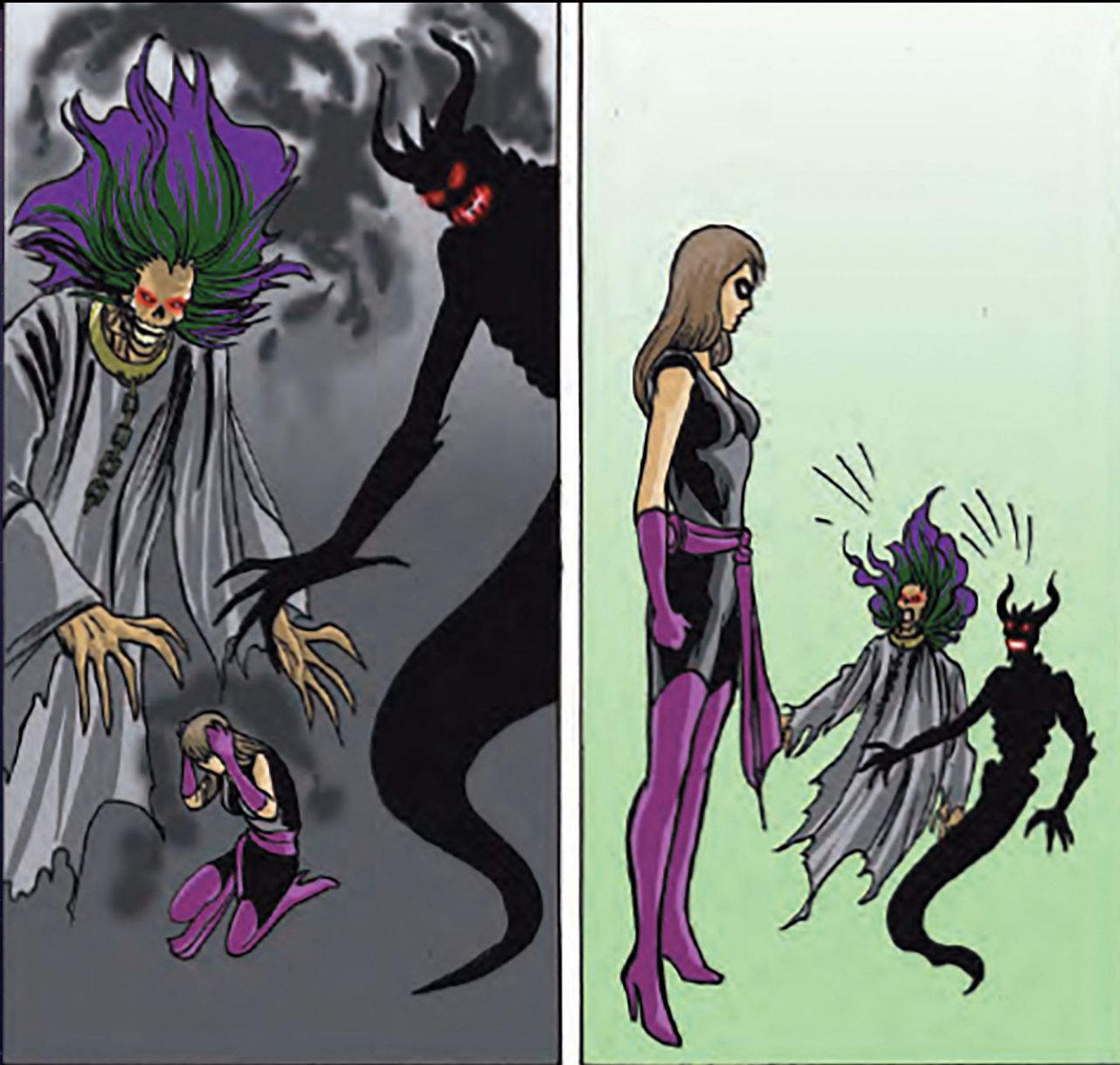
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WILLINGNESS TO FACE THE MONSTERS REDUCES THE
STRUGGLE AGAINST THEM

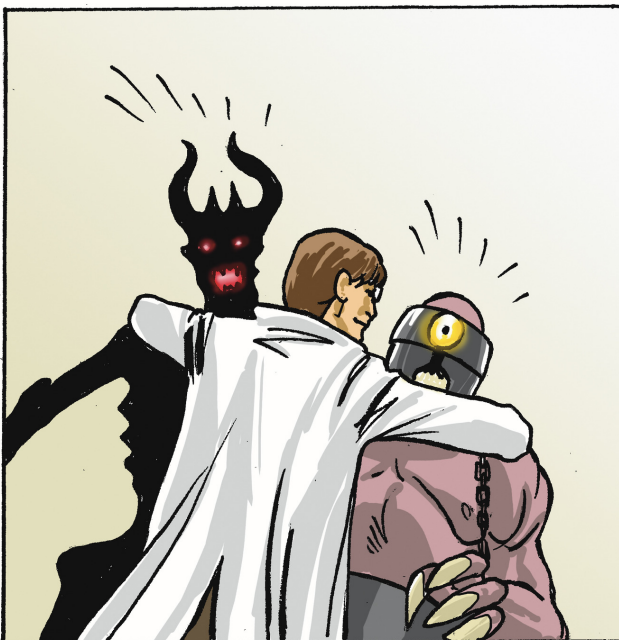
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Self-Compassion: learning to embrace yourself and your inner monsters

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Experiential Avoidance:
Try NOT to think about the pink unicorn