

DEVELOPING SELF-COMPASSION ONLINE FOR BHSCT NURSING STAFF

**ARE YOU A REGISTERED NURSE, HEALTHCARE ASSISTANT
OR AUXILIARY NURSE? GIVING YOURSELF A HARD TIME?
ARE YOU STRUGGLING WITH SELF-COMPASSION?**

Interested in contributing to new research on how to help healthcare staff
become more compassionate towards themselves?

Our study will involve:

- Completing some questionnaires at three different time points
- Engaging in a 4-week online compassion-based intervention which is specifically tailored for health-care staff. The intervention will be delivered by a Clinical Psychologist (Dr Chris Irons) who is a specialist in this field.

If you are interested in taking part, or
finding out more about this study,
please contact Jane Gilsenan
(Trainee Clinical Psychologist) on
jane.gilsenan@belfasttrust.hscni.net

Thank you for your time

