



ASSUMPTION  
COLLEGE



UC San Diego  
SCHOOL OF MEDICINE

Register for  
TEACHER TRAINING\* in

# MFY: Making Friends with Yourself:

A Mindful Self-Compassion Program for  
Teens & Young Adults Teacher Training  
July 29-August 4, 2018  
held at Assumption College  
Living & Learning Center

The MFY program is a researched based intervention that is effective with teens and young adults as a prevention or intervention program. As a trained MFY teacher you will have the curriculum and knowledge necessary to offer MFY in your school or clinical setting.

To register for the MFY teacher training through UCSD directly  
<http://mbpti.org/mfy-making-friends-with-yourself-teacher-training/>  
There is a special rate for Assumption students. You may hold your place  
with a \$300.00 deposit. Enrollment will be limited.

\*A prerequisite for acceptance into the MFY Teacher Training is  
completion of a Mindful Self-Compassion Training program.  
RES 820 running this Spring, meets this requirement as did SCP 872 & SCP 730.32.

Please contact [jm.landiers@assumption.edu](mailto:jm.landiers@assumption.edu) to register for RES 820.