

**SPECIALISTS OF SCHOOLS**  
*and*  
*the Philadelphia Society of Clinical Psychologists are pleased to offer*  
**CREATING AN INNER COACH STRONGER THAN  
THE INNER CRITIC**

We all have an Inner Critic. It's that voice that can tell us that we are not smart enough, attractive enough, competent enough, etc. The voice keeps us in self-doubt, has us feel inadequate and vulnerable, and increases anxiety. Many of us adults struggle with a harsh Inner Critic, and too many children do as well. While the inner critical voice may be strong, it can be changed.

This workshop will look at the development of the Inner Critic from multiple angles. It will explore why the Critic is hard to alter and how perception and brain patterns keep it in place. It will then focus on how we can shift from negative self-talk to positive self-talk. Participants will leave with concrete strategies for helping both adults and children create the voice of an Inner Coach that is stronger than their Inner Critic.

<b>Date:</b>	Friday, April 12, 2013
<b>Place:</b>	Baldwin School 701 Montgomery Avenue Bryn Mawr, PA 19010 www.baldwinschool.org
<b>Time:</b>	12:30 P.M. to 2:30 P.M.
<b>*Please bring a bag lunch. Dessert and beverages will be supplied*</b> Tour of the school will be offered following the workshop.	

**LEARNING OBJECTIVES:**

Upon completion of this training, participants will be able to:

- understand and identify early childhood influences that lead to the development of an Inner Critic
- learn strategies for developing a positive Inner Coach to help counteract the Inner Critic, and turns negativity into a greater positivity
- help adults and children develop skills of self-acceptance that help to sooth life's disappointments and celebrate life's gifts and accomplishments

**OUR PRESENTER:**

*Beth Weinstock, Ph.D.* is a clinical psychologist and executive coach with 35 years of practice specializing in helping individuals, couples, groups and organizations create resilience, courage, and sustained growth. She was one of the original consultants at the Renfrew Center, started the non-profit Women's LeadershipWorks, consults to leaders both inside and outside of their organizations, maintains a private practice in Narberth and along with Dr. Jane Shure is a principal in The Resilience Group. She is trained in the clinical practices of EMDR and Somatic Experiencing, has authored book chapters and journal articles and writes for the Huffington Post. For more on Beth see [www.theresiliencegroup.com](http://www.theresiliencegroup.com) & [www.BethweinstockPhD.com](http://www.BethweinstockPhD.com)

**CE CREDITS:**

This session is co-sponsored by the Philadelphia Society of Clinical Psychologists (PSCP) and Specialists of Schools. PSCP is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. PSCP maintains responsibility for the program and its content. This program provides 2 hours of CE credits for licensed Psychologists, Social Workers and Marriage and Family Therapist.

**FEES:**

This workshop is free for members of SOS, PSCP and staff at Baldwin School. There is a \$15.00 admission fee for others. CE credits and Act 48 credits are \$20.00. Payment must be by check or money order made out to SOS. **No cash please.**

**TO REGISTER:** Please e-mail Tocky Collins at [TockyLC@aol.com](mailto:TockyLC@aol.com).

**DIRECTIONS:** Enter through the gates at Morris and Montgomery Avenues. Park along the drive and enter the first building on the right, up the stairs. Once in the building, continue up another set of stairs and the presentation will be in the room on your right.