

## ACKNOWLEDGEMENT OF CERTIFICATION STATUS

This is to acknowledge

## **Cornelia Gloger**

## is a graduate of the UC San Diego Center for Mindfulness Mindfulness-Based Professional Training Institute

and has completed all requirements to become a fully certified teacher of the Mindful Self-Compassion program as outlined by the Center for Mindful Self Compassion

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Steven D. Hickman, Psy.D. Associate Clinical Professor, UC San Diego Departments of Psychiatry and Family & Preventive Medicine Founding Director, UC San Diego Center for Mindfulness