

Origin Story

by

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My journey from early childhood to where I stand now has helped me to become both an effective, compassionate therapist, as well as a dedicated, passionate Mindful Self-Compassion (MSC) teacher. It's been a journey of struggle from feeling unlovable to recognizing the lovability of all including myself as I have embraced growth that came with my psychology education and with my immersion into the world of MSC. I understand and empathize with my clients and students.

As a child, I always felt misunderstood. I lacked confidence and feared rejection; I craved close connection but was unsure how to achieve it, resulting in my appearance as being standoffish. This fed a negative loop where I would feel alone and anxious, unsure how to create positive relationships, which would lead others to pull away from me even more. As a child, I suffered from anxiety, rumination (replaying bad experiences over and over in my head), and difficulty sleeping.

After starting a career in business, getting married, and having my first (and only) child, I went back to school to become a counselor where things finally began to fall in place for me. Learning and practicing how to become a psychotherapist both fulfilled me and introduced me to other like-minded people. I started forming deeper connections with others, but still found myself being my own worst critic.

I began to selectively choose the trainings I enrolled in to obtain my necessary continuing education credits to keep my license to support both my therapeutic practice but also my personal growth. One of these choices was to take the 5-day intensive Mindful Self-Compassion course. This program truly changed my life by teaching me how to treat myself with kindness. I remained engaged with the program and practices so that I could continue my journey of learning to accept and care for myself as I care for others.

After 8 years of engagement with the MSC material, combined with my work in the field of therapy, my inner critic is now the size of a gnat (most of the time). I have become my own best friend. I have peace with my life, and I am nourished in my relationships. This transformation led me to feel passionate towards helping others have the same experience, through my courses, coaching, and in my therapeutic interventions.

