

Mindful Self-Compassion: Core Training Skills

With Kristin Neff, Ph.D. & Christopher Germer, Ph.D.

AGENDA-Thursday & Friday, October 14 & 15, 2016

from 9:00-4:45 pm (12.0 CE's)

Participants of this two-day workshop will learn the core skills of the 8-week Mindful Self-Compassion (MSC) training, an empirically-supported program designed to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion. Self-compassion is an emotional skill that can be learned by anyone. Rapidly expanding research clearly demonstrates that self-compassion is related to emotional wellbeing, lower anxiety and depression, maintenance of healthy habits such as diet and exercise, and more satisfying personal relationships. This workshop will provide essential tools for your client or yourself to treat themselves in a respectful, compassionate way whenever they suffer, fail, or feel inadequate.

Learning Objectives

- Identify the three key components of self-compassion,
- Describe key research that supports the benefits of self-compassion,
- Practice techniques to increase self-compassion in everyday life,
- Motivate yourself with kindness rather than self-criticism,
- Use self-compassion to prevent caregiver fatigue.

Our Faculty:

We are fortunate to have the developers of Mindful Self-Compassion (MSC), Christopher Germer, Ph.D. and Kristin Neff, Ph.D., leading this 2 day training.



Kristin Neff is currently an Associate Professor of Human Development and Culture at the University of Texas at Austin. She is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago. In addition to writing numerous academic articles on the topic, she is author of the book *Self-Compassion*, released by William Morrow in 2011.

Christopher Germer is a clinical psychologist in private practice in Arlington, Massachusetts, specializing in mindfulness and compassion-based psychotherapy. He is a founding member of the [Institute for Meditation and Psychotherapy](#), a clinical instructor in psychology at Harvard Medical School, author of *The Mindful Path to Self-Compassion*, and co-editor of *Mindfulness and Psychotherapy* and [Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice](#). Dr. Germer lectures and conducts workshops internationally on the art and science of mindful self-compassion.



Program activities over the 2 days include meditation, short talks, experiential exercises, group discussion, and home practices. The goal is to provide a safe and supportive environment for exploring how we typically respond when difficult emotions arise and to provide tools for becoming a warm and supportive companion to ourselves. The emphasis of the program is on enhancing emotional resources and personal capacities.