

AGENDA

Self Compassion Workshops

November 10 & 11, 2017 (12.0 hrs)

Mindful Self-Compassion: Core Skills Training

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

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. Recent research has shown that self-compassion greatly enhances emotional wellbeing, reduces anxiety and depression, and can even help you stick to your diet and exercise routine. This workshop will provide essential tools for teaching your clients to treat themselves in a respectful, compassionate way whenever they suffer, fail, or feel inadequate.

Agenda: DAY ONE-November 10, 2017

9:00-10:30 AM What's Self Compassion

Introduction

Exercise: How Would I Treat a Friend?

Self-Compassion Theory

Exercises: Soothing Touch/Self-Compassion Break

Self-Compassion: Research

Q & A

10:30-10:45 AM Break

10:45-12:15 PM Mindfulness and Self-Compassion

Meditation: Affectionate Breathing

Our Wandering Minds

Present-Moment Awareness and Resistance

Mindfulness and Compassion: The Dance

Backdraft

Exercise: Soles of Feet

12:15-1:30 PM Lunch on Your Own

1:30-3:00 PM **Finding Your Inner Compassionate Voice**
Why Do We Criticize Ourselves?
Exercise: Compassionate Motivation
Q & A

3:00-3:15 PM Break

3:15-4:45 pm **Loving-Kindness and Compassion**
Meditation: Loving-kindness for a Loved One
Exercise: Compassionate Movement
Practicing with Phrases
Exercise: Finding Loving-Kindness Phrases

Agenda: DAY TWO-November 11, 2017

9:00-10:30 AM **Living Deeply**
Meditation: Giving and Receiving Compassion
Finding Hidden Value in Suffering
Exercise: Silver Linings
Exercise: Compassionate Listening

10:30-10:45 AM Break

10:45-12:15 PM **Working with Difficult Emotions**
Stages of Acceptance
Exercise: Soften-Soothe-Allow
Shame

12:15-1:30 PM Lunch on Your Own

1:30-3:00 PM **Self-Compassion for Caregivers**
Empathic Resonance
Caregiver Fatigue
Exercise: Self-Compassion with Equanimity
Self-Compassion in Clinical Practice

3:00- 3:15 PM Break

3:15-4:45 PM **Embracing Your Life**
Negativity Bias
Cultivating Happiness: Savoring and Gratitude
Exercise: Gratitude
Self-appreciation

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 in clients