

AGENDA

Mindfulness & Self Compassion Workshops

November 9-11, 2017 in Denver, Colorado

November 9, 2017 (6.0 hrs)

Tailoring Mindfulness: Fitting the Practice to the Person **With Ronald Siegel, Psy.D.**

Mindfulness-based psychotherapy is the most popular new treatment approach in the last decade—and for good reason. Mindfulness practices hold great promise not only for our own personal development, but also as remarkably powerful tools to augment virtually every form of psychotherapy. Mindfulness is not, however, a one-size-fits-all remedy. Researchers are now differentiating the effects of focused attention, open monitoring, loving-kindness, compassion, and equanimity practices. Practices need to be tailored to fit the needs of individuals—and this workshop will show you how.

9:00-10:30 am

Mindfulness: What Is It Really?

The three pillars of mindfulness

What mindfulness is and isn't

How to cultivate mindfulness both inside and outside of the therapy hour

10:30-10:45 pm – Break –

10:45-12:15 pm

How Mindfulness Works

Identify the common factors in virtually all psychological disorders

Learn how to use mindfulness practices as their antidote

Discover how mindfulness can boost the effectiveness of all forms of treatment

12:15-1:30 pm – Lunch on your own –

1:30-3:00 pm

Fit The Practice To The Person

Learn seven guidelines to tailor techniques to particular patients or clients

Discover special practices for trauma survivors, fragile individuals, and others for whom meditation can be difficult or dangerous

3:00-3:15 pm – Break –

3:15-4:45 pm

Befriending Fear: Treating Anxiety Disorders

Use mindfulness practices to overcome anxiety by befriending fear

Practice CBT on steroids: embracing the wisdom of insecurity

Beyond Symptom Management: Resolving Stress-Related Disorders

See how psychophysiological disorders can be doors to personal development

Learning Objectives:

- Describe the three core elements of mindfulness practice,
- Identify common denominators in psychological difficulties,
- Specify seven ways that mindfulness practices can be tailored to the needs of particular types of clients,
- Describe the core attitude toward experience found in depression and how mindfulness practice can help to transform it,
- Indicate the mechanisms that maintain anxiety disorders and how these can be altered using mindfulness practice,
- Specify the core dynamic of chronic back pain and other psychophysiological disorders and how mindfulness practice can help in its relief.

November 10 & 11, 2017 (12.0 hrs)

Mindful Self-Compassion: Core Skills Training

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

Description:

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

9:00-12:15 pm *Self Compassion-Core Concepts*
 Mindfulness and Self-Compassion

12:15-1:30 pm -Lunch on your own-

1:30-3:00 pm *Loving-Kindness and Compassion*

3:00-3:15 pm -Break-

3:15-4:45 pm *Finding our Inner Compassionate Self*

Agenda: DAY TWO-May 16

9:00-12:15 pm *Living Deeply*
 Working with Difficult Emotions

12:15-1:30 pm -Lunch on your own-

1:30-3:00 pm *Self-Compassion in Relationships*

3:00-3:15 pm -Break-

3:15-4:45 pm *Embracing Your Life*

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