

May 15 & 16, 2015 Santa Fe, NM

Mindful Self-Compassion: Core Skills Training



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 treating yourself in a respectful, compassionate way whenever you suffer, fail, or feel inadequate.

Specific 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

Bio:

Kristin Neff, PhD, received her doctorate in Human Development from the University of California at Berkeley in 1997. She 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. Kristin offers workshops on self-compassion worldwide, and has co-developed an eight-week program to help people learn to be more self-compassionate in daily life. Kristin is also featured in the bestselling book and award-winning documentary *The Horse Boy*, which chronicles her family's journey to Mongolia where they trekked on horseback to find healing for her autistic son.