

Self-Compassion in Clinical Practice

with Christine Brähler, Ph.D. & Christopher Germer, Ph.D.

November 2 & 3 Learning Objectives:

1. Define the empirical construct of self-compassion, and identify misconceptions,
2. Describe the research supporting the application of self-compassion in psychotherapy,
3. Practice mindfulness and self-compassion to establish therapeutic presence,
4. Enhance the therapeutic relationship through compassion and self-compassion practices during the clinical hour,
5. Describe the neurobiology of empathic distress and apply self-compassion to alleviate empathy fatigue,
6. Teach clients self-compassion techniques that emerge seamlessly from therapy and can be practiced at home,
7. Discern when and how to focus on “parts” of ourselves, and describe how to meet them in a safe, compassionate manner,
8. Describe unique challenges and opportunities for trauma survivors in compassion-based treatment,
9. Identify the emotion of shame in psychotherapy and apply a positive, compassionate-based approach to working with shame.

Presenters:

Christine Brähler, DClinPsy, PhD, is a clinical psychologist and supervisor with a private practice in Munich, Germany. She received her undergraduate and doctoral degrees from the University of Edinburgh, UK. She is a Mindful Self-Compassion (MSC) teacher trainer, and leads MSC intensives and teacher trainings, as well as workshops on self-compassion in psychotherapy, around the world. Dr. Brähler serves on the Board of the Center for MSC. She has several academic and popular publications including the first randomized controlled trial of Compassion Focused Therapy.

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Chris Germer, PhD, is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He is a co-developer of the *Mindful Self-Compassion (MSC)* program, author of *The Mindful Path to Self-Compassion*, and co-editor of *Mindfulness and Psychotherapy*, and *Wisdom and Compassion in Psychotherapy*. Dr. Germer is a founding faculty member of the Institute for Meditation and Psychotherapy as well as the Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School. He teaches and leads workshops internationally on mindfulness and compassion, and has a private practice in Arlington, Massachusetts, USA specializing in mindfulness

and compassion-based psychotherapy.

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