

Mindful Self-Compassion Core Skills Training

November 8 - 9, 2019

A 2-Day Core Skills Training with
Kristin Neff & Chris Germer

Ann Arbor, Michigan

Fees below include room and board:

Early Bird Fee:

(9.7.19 and
earlier)

\$300

Regular Fee:

(9.8.19 and
later)

\$350

CEs available for psychologists and
other psychotherapists.



Kristin Neff, Ph.D. is widely recognized as one of the world's leading experts on self-compassion, being the first one to operationally define and measure the construct over a decade ago. In addition to her pioneering research into self-compassion, she has developed an eight-week program to teach self-compassion skills in daily life, co-created with her colleague Dr. Chris Germer, called Mindful Self-Compassion (MSC). Her book, *Self-Compassion*, was published by William Morrow in April, 2011.



Christopher Germer, PhD is a co-developer of the MSC program and a co-founder of the Center for MSC. He is the author of the popular book, *The Mindful Path to Self-Compassion*, and co-author (with Kristin Neff) of the professional text, *Teaching the Mindful Self-Compassion Program*, and a workbook, *The Mindful Self-Compassion Workbook*. Chris is an MSC Teacher Trainer and leads MSC intensives and workshops around the world.

Soften. Soothe. Allow.

Self-compassion is the emotional attitude of bringing kindness to ourselves when things go wrong in our lives. Most of us easily treat our friends and loved ones with warmth, tenderness and patience when they struggle, fall short or fail at times in their lives, but we have a much harder time bringing those same qualities of compassion to our own selves in the same situations. Self-compassion is directed to the one who is suffering, and encourages us to consider the fundamental question of "What do I need?" By recognizing that difficulty is here (mindfulness), that these things are a part of every human life (common humanity), and connecting with our natural capacity for kindness toward suffering (self-kindness), we can develop healthy and enduring patterns of relating to all the circumstances of life.

Program activities include:

Talks, meditation, experiential exercises, and group discussion. Participants will directly experience self-compassion and learn practices that evoke self-compassion in daily life. No previous experience with mindfulness or meditation is required to attend the program.

At the completion of this activity, participants should be able to:

- 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
- teach simple self-compassion practices to patients, students, or clients

This program is designed for members of the general public, as well as for professionals who wish to integrate self-compassion into their work. Meditation experience is not necessary to participate in this 2-day program. All are welcome!

www.centerformsc.org