

MINDFUL SELF-COMPASSION: CORE SKILLS

Self-Compassion – Core Concepts 9:00 – 10:30

Introduction

Exercise: How would I treat a friend? **KN**

Self-Compassion Theory **KN**

Gestures of Self-Compassion **CG**

Self-Compassion Research **KN**

Q&A

Break 10:30 – 10:45

Mindfulness and Self-Compassion 10:45 – 12:00

Exercise: Soothing Touch/ Self-Compassion Break **CG**

Mindfulness and Self-Compassion **KN**

Meditation: Affectionate Breathing **CG**

Exercise: Soles of Feet **KN**

Lunch Break 12:00 – 1:30

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

Meditation: Loving-kindness for a loved one **KN**

Backdraft **CG**

Exercise: Compassionate Movement **KN**

Practicing with phrases **CG**

Exercise: Finding loving-kindness phrases **CG**

Break 3:00-3:15

Finding our Inner Compassionate Voice 3:15 – 4:45

Arriving Meditation **CG**

Why do we criticize ourselves? **KN**

Exercise: Compassionate Motivation **KN**

Inquiry

Day Two

Living Deeply 9:00 – 10:30

Meditation: Giving and Receiving Compassion **CG**
Finding Hidden Value in Suffering **KN**
Exercise: Silver Linings **KN**
Exercise: Compassionate Listening **CG**

Break 10:30 - 10:45

Working with Difficult Emotions 10:45 – 12:15

Arriving Meditation **CG**
Stages of acceptance **CG**
Exercise: Soften, soothe, allow **KN**
Shame **CG**

Lunch Break 12:15 – 1:30

Self-Compassion for Caregivers 1:30 – 3:00

Arriving Meditation **CG**
Empathetic Resonance **KN**
Caregiver Fatigue **KN**
Exercise: Self-Compassion with equanimity **KN**
Self-Compassion for Clinicians **CG**

Break 3:00 – 3:15

Embracing Your Life 3:15 – 4:45

Arriving Meditation **KN**
Negativity Bias **CG**
Cultivating Happiness: Savoring and Gratitude **CG**
Exercise: Gratitude **CG**
Self-appreciation **KN**
Exercise: Appreciating What's Good about Ourselves **KN**
Exercise: What would you like to remember? **CG**

Workshop Title: **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, enhances coping, promotes health behaviors, and increases motivation. This workshop will provide essential tools for treating yourself in a respectful, compassionate way whenever you suffer, fail, or feel inadequate.

You'll learn:

- What self-compassion is and isn't
- Self-compassion practices for daily life
- How to motivate yourself with kindness rather than criticism
- The art of loving-kindness meditation
- How to handle difficult emotions with greater ease
- How to transform challenging relationships
- How to use self-compassion in caregiving situations
- How to enjoy your life more fully

The workshop is intended for anyone who wants to be more self-compassionate in daily life. Mental health professionals will learn how to integrate simple self-compassion skills into clinical practice.

Specific Learning Objectives

1. Identify the three key components of self-compassion
2. Describe key research that supports the benefits of self-compassion
3. Practice techniques to increase self-compassion in everyday life
4. Use self-compassion to alleviate caregiver burnout
5. Teach basic self-compassion skills to clients