



Mindful Self-Compassion

Sept. 26 – Nov. 21, 2017

Tuesdays (6:00 p.m. to 8:30 p.m.)

Retreat:

Sat., Oct. 28 (9:00 a.m. to 1:00 p.m.)

No previous experience is required to attend this Program



Mindful Self-Compassion (MSC) is an empirically-supported, (evidence based) 9-week, training program designed to cultivate the skill of self-compassion. Based on the ground-breaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

The three key components of **self-compassion** are *self-kindness*, a sense of *common humanity*, and balanced, *mindful awareness*. *Kindness* opens our hearts to suffering, so we can give ourselves what we need. *Common humanity* opens us to our essential inter-relatedness, so that we know we aren't alone. *Mindfulness* opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warm-hearted, connected presence.

Self-compassion can be learned by anyone. It is a courageous attitude that stands up to harm, including the harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.

Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional well-being, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships and increased compassion for others.

More Information about Mindful Self-Compassion:

<http://www.mindfulselfcompassion.org>

Kristin Neff video: <https://www.youtube.com/watch?v=11UOhODPu7k>

Journal of Clinical Psychology: <http://self-compassion.org/wp-content/uploads/publications/germer.neff.pdf>

Testimonials

"This course has been transformative for me."

"This course is unprecedented in its value to me in terms of my own personal growth."

"I will certainly make use of the skills learned and the materials shared in future."

"Thank you so much for offering this opportunity. I am truly grateful!"

"The program is really well designed and was delivered by the teachers so very well. Great expertise in the subject matter and more demonstrated by both teachers."

"Thank you to the two teachers. I loved walking into the venue; I felt very safe with the group and loved the feeling of familiarity as the weeks passed."

"I think it takes great heart to do what you do. There is a real feeling of serenity in the venue of the program each week."

"The course is life changing!"

"Both teachers were compassionate. Kindness and mindfulness were always present in their teaching style."

"We had good discussions in the program; both teachers were excellent."