

Self-Compassion: Essential Skills Training

with Kristin Neff and Christopher Germer

The Arlington Center
369 Massachusetts Ave.
Arlington, MA 02474
781 316 0282

May 14-15, 2012
Mon. & Tues., 6:00 – 9:00 PM

*For someone to develop genuine compassion towards others,
first he or she must have a basis upon which to cultivate compassion,
and that basis is the ability to connect to one's own feelings and to care for one's own welfare...
Caring for others requires caring for oneself.
– Tenzin Gyatso, the 14th Dalai Lama –*

Participants of this 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.

You'll learn:

- what self-compassion is and isn't
- how to enhance mindfulness with self-compassion
- self-compassion practices for daily life
- how to motivate yourself with encouragement rather than criticism
- the art of loving-kindness meditation
- how to handle difficult emotions with greater ease
- how to savor your life

The workshop is intended for a general audience, although professional participants will learn skills that they can integrate into their clinical work. 6 hours of continuing education credit are available to psychologists, social workers, and licensed mental health counselors.

Kristin Neff, PhD, associate professor, University of Texas; leading expert on self-compassion; author, *Self-Compassion*; featured in award-winning documentary, *The Horse Boy*.
www.Self-Compassion.org

Christopher Germer, PhD, clinical instructor, Harvard Medical School; international lecturer; author, *The Mindful Path to Self-Compassion*; coeditor, *Mindfulness and Psychotherapy* and *Wisdom and Compassion in Psychotherapy*. www.MindfulSelfCompassion.org

Fee is \$150. Maximum enrollment will be 50 persons.
Please plan to attend both sessions when you register for this workshop.

To register, please go to:
<http://www.MindfulSelfCompassion.org/register.php>

For directions, see <http://www.ArlingtonCenter.org/directions.html>

For more information, please email ckgermer@gmail.com