



### About Mindful Self-Compassion Programs

This program is designed for members of the general public, based on the values of equity, diversity, and inclusiveness. No meditation experience is required; all are welcome.

The Mindful Self-Compassion (MSC) program is a journey—an adventure in self-discovery and self-kindness. Self-compassion has the paradoxical effect of both soothing our emotional distress and opening us to pain we may have been holding inside, consciously or unconsciously, and often for many years. **Therefore, difficult emotions could surface during the program, including past traumas. MSC teachers are committed to helping participants feel safe and comfortable during the course. However, participants agree at the outset that they will take primary responsibility for their emotional well-being.**

MSC is therapeutic but it's not therapy. The emphasis of the program is on building the resources of mindfulness and self-compassion. MSC is not a substitute for medical or mental-health care.

Participants should also be aware that MSC is mindfulness-based *compassion* training. Mindfulness and compassion go hand-in-hand, but our main purpose is compassion training.

In a randomized, controlled study, MSC significantly increased self-compassion, compassion for others, mindfulness, and life satisfaction, and decreased depression, anxiety, and stress. (For the full-text article, [please click here](#). Improvements were linked to how much a person practiced in their daily lives. After the intensive, MSC participants are encouraged to practice mindfulness and self-compassion up to ½ hour per day, and teachers will provide tips for home practice.

To create an optimal learning experience, intensives are usually taught either by two certified MSC teachers (the highest level of training), or by one certified teacher and one trained teacher. All participants are encouraged to engage in the intensive to the extent that they feel comfortable, and not more. However, participants should consider in advance whether they are ready for this kind of learning experience or if a different MSC format might be preferable at this point in time. If you are unsure, please contact a teacher for further discussion.