

## **Mindful Self-Compassion: Core Skills Training**

Dates: March 29-31, 2019

Presenters: Christopher Germer

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA

### **Program**

Self-compassion is an emotional skill that can be learned by everyone. It means being warm and understanding toward yourself when you suffer, fail, or feel inadequate. Burgeoning research shows that self-compassion greatly enhances emotional well-being, reduces anxiety and depression, and promotes healthy lifestyle habits.

Christopher Germer presents the theory and core practices of the empirically supported, eight-week Mindful Self-Compassion training, a program designed to help participants become more self-compassionate using meditation, exercises, and group discussion.

The target audience is for all levels: Introductory, intermediate and advanced mental health professionals.

### **Friday, March 29, 2019**

7:30pm–9:00pm

- What is Self Compassion?

*Learning Objectives:*

- *Define the empirical construct of self-compassion, and identify misconceptions*
- *Practice self-compassion for emotion regulation*

*Partial Psychology CE credits - 1 Credit  
(1 hour didactic lecture, 30 min. guided practice)*

### **Saturday, March 30, 2019**

8:30am-11:30am

- Mindfulness and Self Compassion.
- Loving Kindness Meditation.

*Learning Objectives:*

- *Recognize and practice focused attention to calm the autonomic nervous system.*
- *Recognize and differentiate and compare the constructs of mindfulness, loving-kindness, compassion and self-compassion.*
- *Recognize and activate compassion for self and others through meditation*

*Partial Psychology CE credits - 2 Credit  
(2 hours didactic lecture, 45 min. guided practice)*

1:30pm-4:30pm

- Working with Difficult Emotions.
- Meditation—Giving and Receiving Compassion

*Learning Objectives:*

- *Describe how self-compassion is an antidote to shame.*
- *Practice self-compassion strategies to sustain emotional connection during challenging conversations*
- *Describe the role of self-compassion to alleviate compassion fatigue*

*Partial Psychology CE credits - 2 Credits  
(2 hours didactic lecture, 45 min. guided practice)*

**Sunday, March 31, 2019**

9:00am-11:30am

- Embracing Life. Stages of Progress

*Learning Objectives:*

- *Practice savoring, gratitude and self-appreciation to correct the negativity bias and enhance wellbeing*
- *Identify the stages of progress in self-compassion training and common obstacles to practice.*
- *Recognize and teach simple mindfulness and self-compassion practices to clients to enhance emotion regulation*

*Partial Psychology CE credits - 2 Credit  
(2 hours didactic lecture, 30 min. guided practice)*

### **Presenter(s) Bio**

Christopher Germer, PhD, is a clinical psychologist in the Boston area specializing in mindfulness- and compassion-oriented psychotherapy. He is a part-time lecturer on psychiatry at Harvard Medical School and a founding faculty member of the Institute for Meditation and Psychotherapy and the Center for Mindfulness and Compassion, Cambridge Health Alliance. With Kristin Neff, he developed the empirically supported, eight-week Mindful Self-Compassion program. Christopher conducts workshops and lectures internationally on mindfulness and self-compassion, is coeditor of *Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy*, and author of *The Mindful Path to Self-Compassion*.

### **Program Costs and Registration**

Please visit [www.kripalu.org](http://www.kripalu.org)

### **Cancellation Policy**

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

## **Grievance Policy**

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at [cec@kripalu.org](mailto:cec@kripalu.org) or 413.448.3127.

### **Psychology – 7 CE Credits**

R. Cassidy Seminars (co-sponsored) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program.

Participants must have paid tuition fee and CE fee to Kripalu, signed into each session, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in for each session will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

### **Social Work – 9.5 CE Credits**

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

*For additional CE information, please visit <https://kripalu.org/continuing-education-credits>*