

Mindful Self-Compassion Five-Day Intensive

April 12-17, 2020

Presenters: Martin Thompson-Jones, Ph.D.; Susan Fairchild, MA, LMHC

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

Program

Self-compassion provides the emotional strength and resilience necessary to offer ourselves the same kindness and understanding we would offer a good friend. With self-compassion, we can forgive ourselves when needed, face and befriend our shortcomings, care for others while caring for ourselves, and live more authentically.

In this Mindful Self-Compassion training, explore how one typically responds when difficulties arise and gain tools for becoming a warm and supportive companion to oneself. Through short talks, experiential exercises, meditation, and group discussion, you learn how to

- Motivate yourself with encouragement rather than self-criticism
- Respond to feelings of failure or inadequacy with self-kindness
- Transform difficult relationships through compassion for self and others
- Practice the art of savoring and self-appreciation
- Integrate core mindfulness and self-compassion exercises into daily life.

Rapidly expanding research clearly demonstrates that self-compassion is related to emotional wellbeing, lower anxiety and depression, maintenance of healthy habits such as diet and exercise, and more satisfying personal relationships. Professional participants will be able to apply the concepts and practices in their work with clients.

The target professional audience is for introductory to advanced mental health professionals and people who are generally familiar with the theory and research on self-compassion and would like to explore new developments

Agenda

Sunday, April 12, 2020

5:30pm-7:00pm - Dinner

7:30pm-9:00pm – Program Session (1.5 hours)

Welcome

Exercise: Why Am I Here? (25 mins)

Exercise: How Would I Treat a Friend? (15 mins)

Practical Details

Learning Objective:

- *Identify the relationship between self-compassion and compassion for others.*

Monday, April 13, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session (1.5 hours)

Meditation: Soft Landing (2 mins)

Topic: Overview of Day

Topic: Tips – How to Approach MSC
Exercise: Guiding Principles (15 mins)
Topic: What is Self-Compassion?
Exercise: Gestures of Self-Compassion (5 mins)

Learning Objectives:

- *Define the empirical construct of self-compassion.*
- *Identify the difference between the being (yin) and doing (yang) aspects of self-compassion.*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session (1.25 hours)

Meditation: Soft Landing (2 mins)
Topic: Misgivings about Self-Compassion
Topic: Research on Self-Compassion
Topic: Self-Compassion & Self-Esteem
Topic: Physiology of Self-Compassion
Informal Practice: Soothing Touch (5 mins)
Informal Practice: Self-Compassion Break (20 mins)

Learning Objectives:

- *Explain the scientific research base for self-compassion.*
- *Practice self-compassion to reduce sympathetic arousal & enhance parasympathetic activity.*

12:00pm-1:30pm – Lunch

2:30pm-4:00pm – Program Session (1.5 hours)

Meditation: Affectionate Breathing (30 mins)
Topic: Practicing Mindfulness
Topic: Wandering Mind
Topic: What is Mindfulness?
Informal Practice: Soles of the Feet (10 mins)

Learning Objectives:

- *Explain mindfulness & practice focused attention to regulate emotions by regulating attention, as well as through affiliation with oneself.*

4:00am-4:15pm – Break

4:15pm-5:30pm – Program Session (1.25 hours)

Meditation: Soft Landing (2 mins)
Topic: Resistance
Exercise: How Do We Cause Ourselves Unnecessary Suffering? (25 mins)
Topic: Backdraft
Informal Practice: Mindfulness in Daily Life (5 mins)
Informal Practice: Self-Compassion in Daily Life (5 mins)
Informal Practice: Here-and-Now Stone (10 mins)
Topic: Mindfulness and Self-Compassion

Learning Objectives:

- *Explain how resistance causes suffering.*
- *Identify difficult emotions as part of emotional transformation (concept of “backdraft”).*
- *Explain how to enhance wellbeing by balancing the yin and yang aspects of self-compassion in daily life.*

5:30pm-7:00pm - Dinner

Tuesday, April 14, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session (1.5 hours)

Meditation: Affectionate Breathing (30 mins)

Topic: Practicing Loving Kindness

Topic: Loving-Kindness and Compassion

Exercise: Awakening Our Hearts (40 mins)

Learning Objectives:

- *Define and distinguish between the concepts of loving-kindness and compassion.*
- *Practice focused attention to regulate emotions by regulating attention, as well as through affiliation with oneself.*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session (1.25 hours)

Meditation: Soft Landing (2 mins)

Topic: Loving-Kindness Meditation

Meditation: Loving-Kindness for a Loved One (20 mins)

Informal Practice: Compassionate Movement (5 mins)

Topic: Practicing with Phrases

Informal Practice: Finding Loving-Kindness Phrases (30 mins)

Learning Objectives:

- *Identify the key principles of loving-kindness meditation.*
- *Identify and practice activating feelings of loving-kindness as a means to enhance parasympathetic activity.*

12:00pm-1:30pm – Lunch

2:30pm-4:00pm – Program Session (1.5 hours)

Meditation: Loving-Kindness for Ourselves (30 mins)

Topic: Discovering Your Compassionate Voice

Topic: Stages of Progress

Exercise: How is MSC Going for Me? (35 mins)

Learning Objectives:

- *Identify the stages of progress in learning self-compassion on the path to learning self-compassion.*
- *Practice loving-kindness to reduce sympathetic arousal & enhance parasympathetic activity.*

4:00am-4:15pm – Break

4:15pm-5:30pm – Program Session (1.25 hours)

Meditation: Soft Landing (2 mins)

Topic: Self-Criticism & Safety

Exercise: Motivating Ourselves with Compassion (45 mins)

Learning Objectives:

- *Identify the inner critical voice, its function & impact on behavioral change.*
- *Practice self-compassion specifically as it relates to the inner critic as a motivator to behavioral change.*

5:30pm-7:00pm - Dinner

Wednesday, April 15, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session (1.5 hours)

Meditation: Loving-Kindness for Ourselves (25 mins)

Topic: Meeting Difficult Emotions

Topic: Stages of Acceptance

Topic: Strategies for Meeting Difficult Emotions
Informal Practice: Working with Difficult Emotions (30 mins)

Learning Objectives:

- *Use strategies for meeting difficult emotions with mindfulness and compassion.*
- *Practice self-compassion specifically with difficult emotion to reduce sympathetic arousal & enhance parasympathetic activity.*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session (1.25 hours)

Meditation: Soft Landing (2 mins)

Topic: Shame

Informal Practice: Working with Shame (45 mins)

Learning Objectives:

- *Define shame and describe the impact of shame on emotional well-being.*
- *Explain how self-compassion functions as an antidote to maladaptive shame.*
- *Identify and practice self-compassion strategies for alleviating shame.*

12:00pm-1:30pm – Lunch

Thursday, April 16, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session (1.5 hours)

Meditation: Giving and Receiving Compassion (30 mins)

Topic: Living Deeply

Topic: Core Values

Exercise: Discovering Our Core Values (35 mins)

Informal Practice: Living with a Vow (5 mins)

Learning Objectives:

- *Define core values and explore core values as a means for motivating behavioral change.*
- *Practice self-compassion to live in accord with values.*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session (1.25 hours)

Meditation: Soft Landing (2 mins)

Topic: Finding Hidden Value in Suffering

Exercise: Silver Linings (10 mins)

Topic: Listening with Compassion

Informal Practice: Compassionate Listening (40 mins)

Learning Objectives:

- *Explain the redemptive power in hardship as means to countering the inclination to resist suffering.*
- *Identify and practice compassionate listening as means of remaining in a parasympathetic state while engaging with others.*

12:00pm-1:30pm – Lunch

2:30pm-4:00pm – Program Session (1.5 hours)

Meditation: Compassionate Friend (30 mins)

Topic: Exploring Challenging Relationships

Topic: Challenging Relationships

Topic: Pain of Disconnection

Exercise: Meeting Unmet Needs (30 mins)

Exercise: Silly Movement (5 mins)

Learning Objectives:

- *Identify compassionate resources within one's self.*
- *Explain relational pain.*
- *Practice self-compassion to identify unmet needs and social injustice.*

4:00am-4:15pm – Break

4:15pm-5:30pm – Program Session (1.25 hours)

Meditation: Soft Landing (2 mins)

Topic: Pain of Connection

Topic: Self-Compassion Break in Relationships

Topic: Caregiving Fatigue

Informal Practice: Compassion with Equanimity (25 mins)

Topic: Forgiveness

Learning Objectives:

- *Explain empathic resonance and how it impacts emotional well-being.*
- *Differentiate between empathy and compassion.*
- *Practice self-compassion to interrupt negative emotional contagion in relationship.*

5:30pm-7:00pm - Dinner

Friday, April 17, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session (1.5 hours)

Meditation: Compassion for Self and Others (20 mins)

Topic: Embracing Your Life

Topic: Cultivating Happiness

Topic: Savoring & Gratitude

Informal Practice: Sense and Savour Walk (20 mins)

Topic: Self-Appreciation

Informal Practice: Appreciating Our Good Qualities (20 mins)

Learning Objectives:

- *Explain and practice savoring, gratitude and self-appreciation to correct the innate negativity bias.*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session (1.25 hours)

Meditation: Soft Landing (2 mins)

Topic: Tips for Maintaining a Practice

Exercise: What Would I Like to Remember? (20 mins)

Topic: Self-Compassion Bracelets

Informal Practice: Closing (20 mins)

Learning Objectives:

- *Identify key insights, practices and resources to support ongoing mindful self-compassion practice.*

12:00pm-1:30pm – Lunch

Presenter(s) Bio

Martin Thomson-Jones, PhD, is a certified teacher of Mindful Self-Compassion (MSC). He first encountered loving-kindness meditation—one of the core elements of MSC—when he took the Mindfulness-Based Stress Reduction course in 2010. He then found his way to the work of Kristin Neff and Christopher Germer, studied MSC with them, was invited to be part of the first MSC teacher training

in 2014, and has been teaching ever since. Martin is also a philosophy professor at Oberlin College, and has taught philosophy at Princeton University and UC Berkeley. He has a doctorate in philosophy from Stanford University and a bachelor's in physics and philosophy from Oxford University.

Learn more about this presenter's work:

- oberlinmsc.org

Susan Fairchild, MA, is a psychotherapist and meditation facilitator in private practice in the Boston area. She is on the faculty of the Institute for Meditation and Psychotherapy as a section leader for its certificate program, and also works at the Center for Mindfulness and Compassion at Cambridge Health Alliance. Susan is a trained teacher for Mindful Self-Compassion through the UCSD Center for Mindfulness. She also serves as a regional ambassador for The Yellow Tulip Project, a nonprofit dedicated to reducing mental health stigma.

Learn more about this presenter's work:

- engineeringawareness.com

Program Costs and Registration

Please visit 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.

Conflict of Interest/Commercial Support

Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

Grievance Policy

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

Certificate Issuance

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

Psychology – 23.5 CE Hours

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 23.5 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, 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 or out each day

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 – 23.5 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.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

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