



Mindful Self-Compassion Core Skills Training

presented by

Kristin Neff, Ph.D. & Lesley Huff, Psy.D.



- Objectives:** Participants will be able to describe
- Three key components of self-compassion
 - Key research supporting the benefits of self-compassion
 - Techniques to increase self-compassion in everyday life
 - Self-compassion approaches to alleviate caregiver burnout
 - Ways to teach basic self-compassion skills to clients

Overview

Recent research has shown that self-compassion greatly enhances emotional well-being, reduces anxiety and depression, enhances coping, promotes healthy behaviors, and increases

motivation. Self-compassion is an emotional skill everyone can learn.

Mindful Self-Compassion (MSC) training is an empirically-supported program designed to cultivate self-compassion using meditation, daily life practices, lecture, group exercises and discussion.

Professionals will learn core skills of MSC so they can better help themselves and their clients behave in more respectful and compassionate ways whenever they suffer, fail, or feel inadequate.

10.5 CE Hours

Self-Compassion – Core Concepts

- Exercise: *How Do I Treat a Friend?*
- Self-Compassion Theory
- Exercise: *Soothing Touch & Self-Compassion Break*
- Misgivings

Mindfulness and Self-Compassion

- Self-Compassion Research
- Meditation: *Affectionate Breathing*
- Present Moment Awareness and Resistance
- Relationship of Mindfulness and Compassion

Loving-Kindness and Compassion

- Meditation: *Loving-Kindness for a Loved One*
- Exercise: *Compassionate Movement*
- Backdraft
- Self-Compassion in Clinical Practice

Finding Our Inner Compassionate Voice

- Why Do We Criticize Ourselves?
- Exercise: *Compassionate Motivation*
- Stages of Progress

Living Deeply

- Meditation: *Giving and Receiving Compassion*

- Finding Hidden Value in Suffering
- Exercise: *Silver Linings*
- Exercise: *Compassionate Listening*

Meeting Difficult Emotions

- Stages of Acceptance
- Exercise: *Soften, Soothe, Allow*
- Shame

Self-Compassion for Caregivers

- Meditation: *Compassionate Friend*
- Empathetic Resonance
- Caregiver Fatigue
- Exercise: *Self-Compassion with Equanimity*
- Self-Compassion for Clinicians

Embracing Your Life

- Negativity Bias
- Cultivating Happiness: Savoring and Gratitude
- Exercise: *Gratitude*
- Self-Appreciation
- Exercise: *Appreciating What's Good About Ourselves*
- Exercise: *What Would You Like to Remember?*

Kristin Neff, Ph.D. & Lesley Huff, Psy.D.

Kristin Neff received her Doctorate in Human Development from the University of California at Berkeley in 1997. She is currently an Associate Professor in the Educational Psychology Dept. at the University of Texas at Austin. She is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago.

In addition to writing numerous academic articles and book chapters on the topic, Dr. Neff is the author of "Self-Compassion." Her work has received extensive media coverage, including the New York Times, MSNBC, National Public Radio, Scientific American, and Psychology Today. In conjunction with Dr. Chris Germer, she has developed an eight-

week training program called Mindful Self-Compassion, and offers workshops on self-compassion worldwide.

Lesley A. Huff is a Licensed Psychologist and became a Trained Teacher in Mindful Self-Compassion in 2014. She earned her Doctorate in Psychology at Chestnut Hill College. She provides clinical services to individuals, couples, families, and organizations in Lancaster, PA. She also teaches psychology at Montgomery County Community College

Dr. Huff started the *Change Through Compassion* Seminar Series in 2013, which provides hands-on activities and instruction to foster mindfulness and self-compassion.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses AOTA

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