

Title: Masterclass Workshop - The Power of Mindful Self-Compassion

Presenter: Chris Germer, PhD. Clinical psychologist, lecturer on psychiatry at Harvard Medical School, and co-developer *Mindful Self Compassion* (MSC) Program.

Time: 9 AM-4:30 PM

Price: \$200 + HST

Date: Saturday June 23rd

Location: University of Toronto, Medical Sciences Building 1 King's College Cir,
Toronto, ON M5S 3K1

9-10:30

10:30-10:45 Break

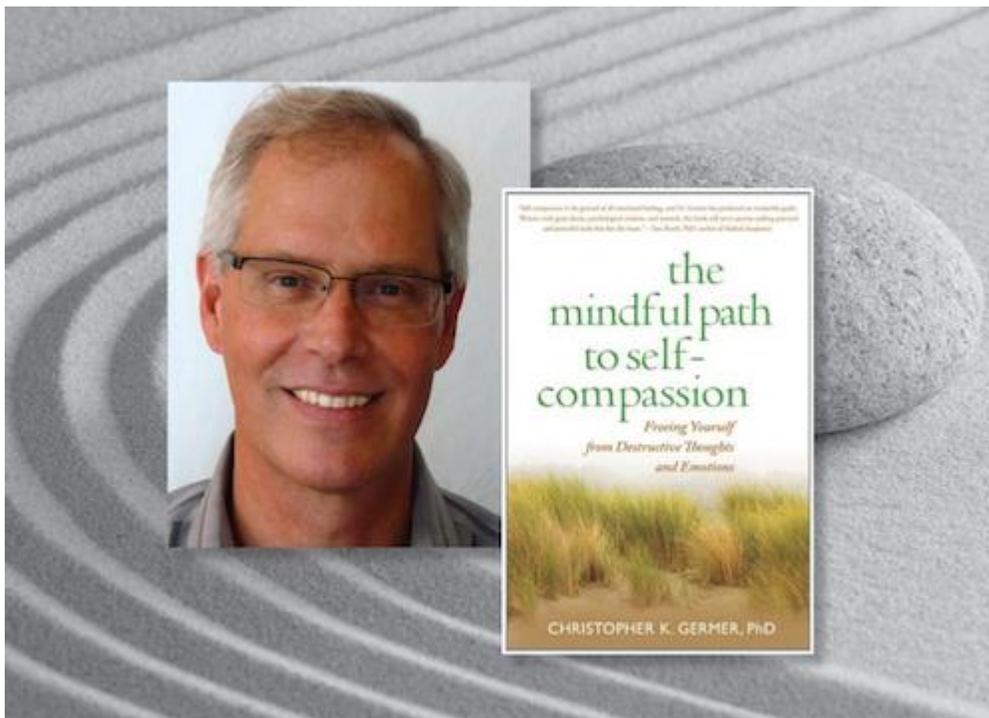
10:45-12:15

12:15-1:15 PM Lunch

1:15-2:45

2:45-3:00 Break

3:00--4:30





Description

Self-compassion is the art of caring for ourselves with the same kindness and understanding as we care for others. Burgeoning research demonstrates that self-compassion is strongly associated with emotional wellbeing, reduced anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships.

Fortunately, self-compassion can be learned by anyone.

This workshop presents key principles and practices from the 8-week, empirically-supported *Mindful Self-Compassion* program, developed by Chris Germer and Kristin Neff in 2010 and already taught to tens of thousands of people around the globe. Through discussion, meditation, and experiential exercises, you will gain practical skills to help bring self-compassion into your daily life. You will learn how to stop being so hard on yourself; handle difficult emotions with greater ease; and motivate yourself with kindness rather than criticism. Practices will also be introduced to help ease stress for caregivers. This course is relevant for the general public as well as to practicing mental health professionals. CE credits available.

Educational Objectives

After this course, participants will be able to:

- Define the empirical construct of self-compassion, identify misconceptions, and review the research
- Practice concentration/breath meditation to calm the autonomic nervous system
- Compare and contrast the constructs of loving-kindness, compassion and self-compassion
- Practice self-compassionate motivation as an antidote to self-criticism.
- Apply self-compassion skills to alleviate caregiving fatigue
- Practice savoring, gratitude and self-appreciation to correct the negativity bias

- Teach simple mindfulness and self-compassion practices to clients and patients

Bio

Chris Germer, PhD is a clinical psychologist, a lecturer on psychiatry at Harvard Medical School, and a founding faculty member of the Institute for Meditation and Psychotherapy. He is a co-developer of the *Mindful Self-Compassion (MSC)* program, the author of *The Mindful Path to Self-Compassion*, and co-editor of *Mindfulness and Psychotherapy*.