

2-DAY MFY CORE SKILLS

For Professionals and Parents



Unique Opportunities to Learn about Teaching Mindful Self-Compassion for Teens & Young Adults

Two-Day Class:

Thursday, March 21 from 9:30 a.m. – 4:30 p.m.

Friday, March 22 from 9:30 a.m. – 4:30 p.m.

Lorraine Hobbs is a pioneer in the field of self-compassion training for teens and young adults. Her clinical experience with inpatient and adolescent residential treatment programs helped to inform the design of this empirically backed program, ***Making Friends with Yourself: A Mindful Self-Compassion Program for Teens and Young Adults***. This program is an adaptation of Mindful Self-Compassion (MSC), an empirically supported program developed by Kristin Neff and Chris Germer. Designed as a resource building program, MFY guides teens toward learning to befriend the struggles and challenges they face each day. A preliminary research study on this program demonstrated significant decreases in depression, anxiety, perceived stress and negative mood as well as an increase in wellbeing. Through MFY, teens learn to be kinder and more compassionate with themselves and embrace who they are.

This two-day program is an opportunity for parents and professionals who work with teens to immerse themselves in the key practices and exercises that adolescents experience in a full 8-week format. Join Lorraine in learning just how powerful and transformative the practice of self-compassion can be for teens as they navigate the challenges of this robust period of life. Lorraine is the Director of the Youth & Family Programs, University of California, San Diego Center for Mindfulness.

Self-compassion: What is It?

Self-compassion entails bringing kindness to ourselves when things go wrong in our lives. Most of us easily treat our friends and loved ones with warmth, tenderness and patience when they struggle, but we have a much harder time bringing those same qualities of compassion to our own selves in the same situations. Self-compassion is directed to the one who is suffering, and encourages us to consider the fundamental question of “What do I need?” By recognizing that difficulty is here (mindfulness), that these challenges are a part of every human life (common humanity), and connecting with our natural capacity for kindness toward suffering (self-kindness), we can develop healthy and enduring patterns of relating to all the circumstances of life.

Self-compassion: How to Learn It

Self-compassion can be learned by anyone, including kids and teens and even those who didn't receive enough affection in childhood or who find it embarrassing to be kind to oneself. It's a courageous mental attitude that stands up to harm, including the discomfort that we unwittingly inflict on ourselves through self-criticism, self-isolation, and self-rumination when things go wrong. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, and respond to ourselves and others with care and respect, and be fully human.

After participating in this workshop, you will be able to:

- Practice self-compassion in daily life.
- Understand how a teen can motivate him or herself with kindness rather than self-criticism
- Help a teen to handle difficult emotions with greater ease
- Practice the art of savoring, gratitude, and self-appreciation
- Teach simple self-compassion exercises to your children or clients

Program activities include talks, meditation, experiential exercises, and group discussion. Participants will directly experience self-compassion and learn practices that evoke self-compassion in daily life. No previous experience with mindfulness or meditation is required to attend the program.

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Space is limited! Register ASAP to reserve your spot by contacting Kathy Davis at 419 636-5414 or kathydavis@chwchospital.org

Note: All fees related to this class are paid by:
Community Hospitals and Wellness Centers