

# Mindful Self-Compassion

with Lorraine M. Hobbs, M.A.

4-Day Intensive Course: Friday, March 15 (5-7:30 p.m.), Saturday, March 16 (9 a.m.-6 p.m.),  
Sunday, March 17 (9 a.m.-6 p.m.), Monday, March 18 (6 p.m.-8 p.m.)

Held at Bryan Hospital, Board Room, 433 W. High St. Bryan OH



Lorraine Hobbs M.A. is the Director of Youth and Family Programs at U.C. San Diego Center for Mindfulness. As a family therapist and former clinical director of adolescent treatment programs,

Lorraine is committed to helping teens and families achieve greater emotional health and stronger connections through Mindfulness-Based Interventions.

During her tenure at the Center for Mindfulness, she has developed and implemented curricula in mindfulness training for multiple age groups, including a program in Mindful & Compassionate Parenting. She is co-author of *Making Friends with Yourself: A Mindful Self-Compassion Program for Teens & Young Adults*, endorsed by Kristen Neff, Ph.D. & Chris Germer, Ph.D. In addition, Lorraine provides teacher training in this curriculum.

Lorraine is certified to teach MBSR (Mindfulness Based-Stress Reduction), MSC (Mindful Self-Compassion), and CCARE (Compassion Cultivation, Altruism, Research & Education), a year-long training program created by clinical psychologists and contemplative scholars at Stanford University. Lorraine is director of the Mindfulness Adolescent Teacher Certification Program at UCSD CFM.

## What is Mindful Self-Compassion?

This program is empirically supported, designed to cultivate the skill of self-compassion. Participants will learn to cultivate a courageous attitude that stands up to harm, including the harm that we inflict on ourselves through self-criticism, self-denial or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, motivate ourselves with kindness, care for others, and be fully human. Program activities include meditation, experiential exercises, discussion and home practice. Upon completing the program, participants should be able to:

- Respond to feelings of failure or inadequacy with self-kindness
- Begin to transform difficult relationships, old and new, through self-validation
- Motivate themselves with encouragement rather than self-criticism
- Relate to difficult emotions with greater moment-to-moment acceptance
- Teach simple self-compassion practices to patients, students or clients

This program is designed for members of the general public, as well as for professionals who wish to integrate self-compassion into their work.

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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](mailto:kathydavis@chwchospital.org)

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