

Mindful Self-Compassion

A 3-Day Intensive - August 21, 22 and 23, 2021

Mindful Self-Compassion training teaches us how to develop the warm-hearted, connected presence we need during moments of difficulty. Self-compassion provides the emotional strength and resilience needed to offer ourselves the same kindness and understanding we would offer a good friend. With self-compassion we can motivate ourselves with encouragement, forgive ourselves when needed, face and befriend our shortcomings, care for others while caring for self, and live more authentically. Research shows that self-compassion is strongly associated with emotional well-being, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. And, self-compassion is a skill that can be learned and cultivated by anyone through Mindful Self-Compassion Training.

MSC Objectives

At the completion of this training, participants should be able to:

- motivate themselves with encouragement rather than self-criticism
- relate to difficult emotions with greater moment-to-moment acceptance
- respond to feelings of failure or inadequacy with self-kindness
- begin to transform difficult relationships, old and new, through self-validation
- integrate core mindfulness and self-compassion exercises into daily life
- teach simple self-compassion practices to friends, family, co-workers

This program is an intensive skills training program. It is a condensed version of the eight-session, empirically-supported Mindful Self-Compassion training developed by Christopher Germer and Kristin Neff. MSC is an experiential journey — an adventure in self-discovery and self-kindness — offering periods of instruction and periods of practice. Self-Compassion can be learned by anyone, even those of us who did not learn these skills as children. This program fulfills a prerequisite for becoming a MSC teacher.

Dates: Saturday, August 21, 2021 9a - 4pm Sunday, August 22, 2021 9a – 4pm
Monday, August 23, 2021 2 – 6pm

Location: Community Hospitals and Wellness Centers

433 West High Street – Bryan, OH 43506 Room: East End of the Dining Room

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

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



Lorraine M. Hobbs is the Director of Youth, Family & Educational Programs at U.C. San Diego Center for Mindfulness. During her tenure at the Center for Mindfulness, she developed curricula in mindfulness based interventions for kids and teens, 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*, and *A Friend in Me: Adventures in Empathy, Kindness & Resilience for Kids*. She is a co-founder of MFY teacher training program and trains teachers internationally. She is a certified teacher of Mindfulness Based-Stress Reduction, Mindful Self-Compassion and Compassion Cultivation. Lorraine mentors MBSR students at the UCSD Professional Training Institute. She is Director of Project Huruma, a self-compassion program for survivors and caregivers around the world.