

SPRING 2021
MINDFUL SELF-COMPASSION
ONLINE COURSE

THURSDAYS

3:00pm - 6:00pm

January 28th - March 18th

& Saturday, February 27th

9:00am - 12:30pm for a Half-Day Retreat

Mindful Self-Compassion is empirically supported, 8-week training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopheher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

Three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. This skill can be learned by anyone, even those who didn't receive enough affection in childhood or who feel uncomfortable when they are good to themselves. It is a couragous attitude that stands up to harm, including the harm that we unwittingly inflict on ourselves through sel-criticism, slef-isolation, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.

After participating in this workshop, you'll be able to:

- *Practice self-compassion in daily life*
- *Understand the empirically-supported benefits of self-compassion*
- *Motivate yourself with kindness rather than criticism*
- *Handle difficult emotions with greater ease*
- *Transform challenging relationships, old and new*
- *Manage caregiver fatigue*
- *Practice the art of savoring and self-appreciation*



Center for Mindful Self-Compassion

LEARN MORE AT:
[HTTPS://CENTERFORMSC.ORG/LEARN-MSC/](https://centerformsc.org/learn-msc/)

WHAT TO EXPECT:

- *Program activities include meditation, short talks, experiential exercises, group discussion, and home practices.*
- *MSC is a workshop rather than a retreat. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life. Compassion is a positive, energizing emotion. However, it is said that “love reveals everything unlike itself.” While learning self-compassion, some difficult emotions may arise. MSC*
- *teachers are committed to providing a safe and supportive environment for this process to unfold, and to making the journey enjoyable for everyone.*
- *MSC includes 8 weekly sessions of 2 3/4 hours each, in addition to a 4-hour retreat. Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 30 minutes per day throughout the program.*

PREREQUISITES:

- *Everyone is welcome, including people of all backgrounds and identities.*
- *No previous experience with mindfulness or meditation is required to attend MSC. Participants will be asked to provide some personal information when they register for this course to help teachers determine their safety and readiness for this kind of emotional work.*
- *The following book is recommended as a companion to the MSC course:*
 - *The Mindful Self-Compassion Workbook, Neff & Germer (2018)*
 - *Teaching the Mindful Self-Compassion Program, Germer & Neff (2019)*
 - *For those who wish to integrate MSC into their professional activities, the following book is also recommended. However, please plan to take MSC primarily for your own personal insight and development.*
- ***This program fulfills one of the prerequisites for becoming an MSC teacher. For more information on MSC or MSC Teacher Training, please visit www.centerformsc.org***

DR. BENTO SOARES



Dr. Bento Soares is Head of the Department of Cancer Biology and Pharmacology and Senior Associate Dean for Research at the University of Illinois College of Medicine at Peoria. He is a Senior Instructor of CBCT® (Cognitively-Based Compassion Training), a certified teacher of CEB (Cultivating Emotional Balance), and an MSC (Mindful Self-Compassion) and SCHC (Self-Compassion for Healthcare Communities) Teacher-in-training. Dr. Soares has made significant contributions to the human genome project and to pediatric cancer research, and works to bring emotional awareness, resilience and compassion training to healthcare education, to healthcare providers, to educators in the public-school system, and to cancer survivors and their partner/caregivers.

DENISE FUNFAR



Denise Funfar, Integrative Coach and Social Entrepreneur collaborates with organizations ranging from business accelerators to non-profits to guide people, especially women, to create form a place of authenticity, self-worth, and inner joy. Her corporate career spans Europe and the U.S. with a B.S. in Business and an M.S. in People & Change Management, emphasizing employee morale. Denise graduated from UCSD's teacher trainings and practicums in Mindfulness-Based Stress Reduction (MBSR) and Mindful Self-Compassion (MSC). She is also a graduate of USD's Leadership Coaching Program as well as various certifications in integrative psychology and wellbeing. She is fueled by a deep desire for people to experience worthiness, belonging, and joy being fully themselves.