

Mindful Self-Compassion

An empirically-supported, 8-week course in Self-Kindness, Acceptance & Mindfulness



Thursdays, September 10 to October 29, 2015

(plus 4 hour retreat to be scheduled)

6:30 p.m. to 8:30 p.m.

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

The key components of self-compassion are: self-kindness - which opens our hearts to suffering so we can give ourselves what we need, a sense of common humanity - which opens us to our essential interrelatedness so we know we are not alone, and balanced mindful awareness - which opens us to the present moment, helping us to accept our experience with greater ease.

A rapidly growing body of research reveals that self-compassion is strongly associated with emotional well-being; less anxiety, depression and stress; maintenance of healthy habits such as diet and exercise; and satisfying interpersonal relationships.

In this course we will focus on developing emotional resources in the present rather than exploring the effects of the past. Group activities include meditation, brief talks, experiential exercises, and group discussion, as well as home practice. The goal is to develop practices

that evoke compassion in our daily lives.

No previous experience with mindfulness or meditation is required to attend. Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood, or have difficulty and feel uncomfortable when treating themselves with kindness. Self-compassion provides emotional strength and resilience, reduces self-criticism and isolation, and allows us all to be more authentically ourselves.

Lynne Henderson, Ph.D., is founder of the Shyness Institute and was director of the Stanford Shyness Clinic for 25 years. She has been a visiting scholar and lecturer in the Psychology Department at Stanford University. Lynne is trained in MBSR, Mindful Self-Compassion and Compassion-Focused Therapy. She teaches MSC at the Women's Cancer Resource Center and incorporates Mindfulness and Compassion in her clinical work.



All classes will be held in North Berkeley. Participants are expected to attend all sessions. The cost is \$400.00.

Ask questions and register by calling 650-814-9210 or by sending email to lhenderson@rivcons.com.