

MINDFUL SELF-COMPASSION

INSTRUCTOR: BETH MULLIGAN

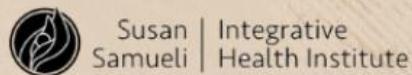
THURSDAYS, JANUARY 24TH - MARCH 14TH

1PM - 3:30PM OR 6PM - 8:30PM

RETREAT: MARCH 2ND

Susan Samuelli Institute Clinic
1202 Bristol St, Suite 200
Costa Mesa, CA 92626

For more information or to register,
please visit www.sscim.uci.edu
or call 949-355-5513



\$395

An 8-week program designed to bring greater ease & well-being to your life; offering skills to help you make changes with kindness instead of self criticism.

[Mindful Self-Compassion](#) (MSC) was developed by Christopher K. Germer, PhD, leader in the integration of mindfulness and psychotherapy, and Kristin Neff, PhD, pioneering researcher in the field of [self-compassion](#). It combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. Mindfulness is the first step in emotional healing ~ being able to turn toward and acknowledge our difficult thoughts and feelings (such as inadequacy, sadness, anger, confusion) with a spirit of openness and curiosity. Self-compassion involves responding to these thoughts and feelings with kindness, sympathy and understanding so that we soothe and comfort ourselves when we're hurting.

Research has shown that self-compassion greatly enhances emotional wellbeing. It boosts happiness, reduces anxiety and depression, and can even help maintain healthy lifestyle habits such as diet and exercise. A randomized, controlled trial demonstrated that MSC significantly increased self-compassion, compassion for others, mindfulness, and life satisfaction, as well as decreased depression, anxiety and stress. Improvements were linked to how much a person practiced mindfulness and self-compassion in their daily lives.

MSC can be learned by anyone. It's the practice of repeatedly evoking good will toward ourselves, especially when we're suffering ~ cultivating the same desire that *all* living beings have to live happily and free from suffering. MSC is a great follow up to any other mindfulness program (MBSR, Mindful Eating etc.).

Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention whenever you need it most? All that's required is a shift in the direction of our attention ~ recognizing that as a human being, you, too, are a worthy recipient of compassion.

In MSC you'll learn:

- how to stop being so hard on yourself
- how to handle difficult emotions with greater ease
- how to motivate yourself with encouragement rather than criticism
- how to transform difficult relationships, both old & new
- mindfulness and self-compassion practices for home & everyday life
- the theory & research behind mindful self-compassion
- how to become your own best teacher

MSC is *not* a meditation class. Rather, it is a compassion skills building class. To learn more, consider watching [Kristin Neff's TED Talk](#) or attending our information session Thursday, January 10, 2019. To register for the information session or the course, [link here](#).