

Mindful Self-Compassion

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



Tuesdays, January 8 to February 26, 2019

2:00 p.m. to 4:30 p.m.

(retreat on February 9 from 12:30 p.m. to 4:30 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, which helps us accept our experience with greater ease.

Rapidly expanding 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.

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. It provides emotional strength and resilience, reduces self-criticism and isolation, and allows us all to be more authentically ourselves.

This class will be taught by Lynne Henderson, PhD.

Lynne Henderson, PhD., Lynne was trained to teach Mindful Self Compassion by Kristen Neff and Chris Germer, and trained to teach MBSR by Bob Stahl. She also incorporates Mindful Self-Compassion and Compassion-Focused Therapy in her clinical work. She 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.

All classes will be held at the Women's Cancer Resource Center at 2908 Ellsworth St, Berkeley, CA 94705. We ask that you commit to attend all sessions. This course is offered free of charge. The class is limited to twelve participants. Please register online at www.wcrc.org. If you have questions please call Lynne at 650-814-9210 or email lhenderson@rivcons.com.

