



# 8 Week Mindful Self-Compassion ONLINE PROGRAM

## March 18 – May 13, 2024 (Excluding April 22)

### **Mondays: 5:30pm – 8:30pm ET**

### **SILENT RETREAT: Friday, April 26, 12:00pm – 3:00pm ET**

**“Self-Compassion is simply giving the same kindness to ourselves that we would give to others.” - Chris Germer**

*This program is being offered online via Microsoft Teams video conferencing. In order to register and participate in the program, you will need:*

- An email account to receive an invitation link for each session
- A computer/tablet/smart phone with access to stable internet connectivity
- A quiet and confidential location

Mindful Self-Compassion (MSC) is an 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 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 three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease.

Self-compassion provides emotional strength and resilience and can be learned by anyone. Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships.

**TOTAL COST: \$900 CAD**

(\$100 per session for 8 weekly sessions and one silent retreat session)

*May be covered by extended healthcare plans. Please check with your insurance provider for coverage.*

 REGISTER HERE

**For more information and to register, contact:  
presenceworkshops@sharigeller.ca  
416-855-2624**

### FACILITATORS:

**Dr. Shari Geller, Ph.D.  
Clinical Psychologist**



Shari is an author, clinical psychologist, certified Mindful Self-Compassion (MSC) teacher and leader in the field of Therapeutic Presence. Her

recent publications include: **A Practical Guide for Cultivating Therapeutic Presence** and **Therapeutic Presence: A Mindful Approach to Effective Therapeutic Relationships- 2<sup>nd</sup> Edition (2022)** with Dr. Leslie S. Greenberg. Shari is the co-director of the Centre for MindBody Health (CMBH), in Toronto, Canada.  
[www.sharigeller.ca](http://www.sharigeller.ca)  
[www.cmbh.space](http://www.cmbh.space)

**Megan Prager  
Compassion Programs  
Director**

**UCSD Center for Mindfulness**



Megan is Co- Founder of **Mindful Labs** and Compassion Programs Director at **UC San Diego Center for Mindfulness**. Megan is a Certified

Mindfulness Based Stress Reduction Instructor (MBSR), a Certified Mindful Self-Compassion Teacher (MSC), a Certified Compassion Cultivation Instructor (CCT), an Adjunct Faculty member at San Diego State University, and a Lecturer at UC San Diego Rady Business School. She is also a teacher trainer and mentor for the UC San Diego Mindfulness Based Professional Training Institute and for the Center for Mindful Self-Compassion.

[www.mindfullabs.com](http://www.mindfullabs.com)

CENTRE FOR  
**mindbody**  
HEALTH



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### WHAT TO EXPECT

MSC is a skill-based program offered in a group format. Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. MSC is a skills group rather than a retreat. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life. MSC is primarily a compassion training program rather than mindfulness training, although mindfulness is the foundation of self-compassion. The emphasis in MSC is on building emotional resources. Compassion is a positive, energizing emotion, however, while learning self-compassion, some difficult emotions may arise. MSC is not focused on working through old injuries, instead the focus will be on developing the skills and resources to be with ourselves in a kinder, more compassionate way, which results in beneficial change. The facilitators 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 online sessions of 3 hours each, in addition to a 3-hour online silent 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

No previous experience with mindfulness or meditation is required to attend MSC. To ensure safety, participants are asked to provide background information when they register for the program. The following books are recommended as companions to the MSC program:

- The Mindful Self-Compassion Workbook by Kristin Neff and Christopher Germer
- Self-Compassion: The Proven Power of Being Kind to Yourself, by Kristen Neff
- The Mindful Path to Self-Compassion, by Christopher Germer

This program fulfills one of the prerequisites for becoming an MSC teacher. For more information on MSC and MSC Teacher Training, please visit [www.centerformsc.org](http://www.centerformsc.org)

In addition, this program is a prerequisite for the Self-Compassion in Psychotherapy (SCIP) Certificate Program. For more information, please visit <https://scipprogram.com/>

### FEE AND REFUND POLICY

The total fee for the program is \$900 CAD (\$100 per session for 8 weekly sessions and one silent retreat session). The total fee is required at time of registration and held in trust. Payment can be made by e-transfer or credit card. A receipt will be issued after each session and may be covered by extended health benefits. If withdrawal of registration is received in writing up to 7 days before the first session, a full refund less a \$75 administration fee will be refunded. For any sessions missed, 48 hours' notice is required, or the full session charge will be billed. If you provide 48 hours' notice, you will not be charged for the missed session and you will be refunded for any missed sessions at the end of the program. You will receive a certificate of completion provided you attend at least 7 of the 9 sessions.

### THE MSC PROGRAM OFFERS SKILLS FOR LEARNING 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