

MINDFUL SELF-COMPASSION TRAINING

8 MONDAYS, APRIL 1ST – JUNE 3RD 9:00–11:40AM

(NO CLASS 4/22 & NO CLASS ON 5/27)



AVAILABLE FOR CE CREDITS APA ACCREDITATION—SEE P. 2 OF THIS FLYER FOR DETAILS

Mindful Self-Compassion (MSC) is designed to cultivate the skill of self-compassion, which serves as a foundation for compassion for others.

In this course you will learn to:

- Practice mindfulness and self-compassion in daily life
- Understand the science of self-compassion
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Work with challenging relationships & manage caregiver fatigue
- Treat yourself as you would treat a good friend

Instructor: Jamie Lynn Tatera, Certified Mindful Self-Compassion Instructor

Location: Shorewood, WI (address given upon registration)

Registration: <http://www.whollymindful.com/msc-registration.html>

"Jamie Lynn is brilliant, skillful and real. Her class will create a mindshift, and you will never be the same." -Amy Lovell, Executive director of REDgen

Learn more about Mindful Self-Compassion training by visiting www.centerformsc.org or <http://www.whollymindful.com/mindfulness-classes.html>, or contact Jamie Lynn at jamielynn@whollymindful.com.



Mindful Self-Compassion Course

Accreditation

Psychologists: Continuing Education Credit for this program is provided by UC San Diego Center for Mindfulness. The UC San Diego Center for Mindfulness is approved by the American Psychological Association to sponsor continuing education for psychologists. The UC San Diego Center for Mindfulness maintains responsibility for this program and its content. This course offers 24.0 hours of credit.

California licensed MFTs, LPCCs, LEPs, LCSWs: Continuing Education Credit for this program is provided by UC San Diego Center for Mindfulness. The UC San Diego Center for Mindfulness is approved by the American Psychological Association to sponsor continuing education for psychologists. 24.0 contact hours may be applied to your license renewal through the California Board of Behavioral Sciences. For those licensed outside California, please check with your local licensing board to determine if APA accreditation meets their requirements.

Nurses: UC San Diego Center for Mindfulness is approved by the California Board of Registered Nursing, Provider Number CEP16351, for 28.75 contact hours.

Learning Objectives for those obtaining CE credits:

- describe the theory and research supporting mindful self-compassion
- motivate themselves with encouragement rather than self-criticism
- relate to difficult emotions with greater moment-to-moment acceptance
- respond to feelings of failure or inadequacy with self-kindness
- begin to transform difficult relationships, old and new, through self-validation
- practice the art of savoring and self-appreciation
- integrate core mindfulness and self-compassion exercises into daily life
- teach simple self-compassion practices to patients, students, or clients

Fees and Scholarships

The cost of the program is \$335 per person.

Students needing CE credits will pay an additional \$75 (submitted on the first day of class).

A limited number of partial scholarships are available through Wholly Mindful, LLC. You can contact Jamie Lynn at jamielynn@whollymindful.com to request a partial scholarship for this program. *(Please note that scholarships are based on personal financial need, separate from being financially over-extended or over-committed.)*