

MINDFUL SELF-COMPASSION TRAINING

8 Mondays, June 10th – August 5th 6:00 PM-8:45 PM

(no class July 8th)

Free Mindful Self-Compassion Preview June 3rd 6-7 PM



- ✓ **CE credits available- APA Continuing Education Credit**
 - ✓ **Early Registration Discount! Register by June 3rd**
- } See p.2 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

Instructors: Jamie Lynn Tatera, Certified Mindful Self-Compassion Instructor
Barbara Moser, Mindful Self-Compassion Teacher in Training

Location: (Preview and Course) Rogers InHealth, 4555 W Schroeder Dr., Brown Deer, WI 53223

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 or Barbara Moser at barbaramwfb@gmail.com

We are grateful to Rogers InHealth for hosting this course.



Mindful Self-Compassion Course

Continuing Education Credit

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 Continuing Education Credit 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

Social Workers: Per the State of Wisconsin DSPS, Social Workers may obtain continuing education hours for this course, as UCSD is approved by the American Psychological Association to sponsor continuing education for psychologists. See <https://dsps.wi.gov/Pages/Professions/SocialWorker/CE.aspx> for more information

Fees and Scholarships

Register by June 3rd Cost \$375 per person for the 8 week course

Register after June 3rd Cost \$425 per person for the 8 week course

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.)*

