

Short Course in Mindful Self-Compassion (SC-MSC) Cultivate Your Self-Compassion

LIVE ONLINE

8 Tuesday Evenings
1/12/2021 – 3/2/2021
7 pm – 8:30 pm CST

This 8 week course includes all content from SC-MSC PLUS Loving-Kindness, Savoring, and Self-Appreciation

Course Instructors:

Jamie Lynn Tatera, Certified Mindful Self-Compassion Instructor

Barbara Moser, MD, Mindful Self-Compassion Instructor

During these challenging times, learn to depend on your inner resources of Mindfulness and Self-Compassion

In this experiential 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

Cost, Registration and Continuing Education

Register by December 31st: Cost \$195 per person

Register after December 31st: Cost \$225 per person

Students requesting CE credits will pay an additional \$50 (submit when registering)

To Learn More or Register:

<https://www.whollymindful.com/short-course-in-mindful-self-compassion.html>

Continuing Education Credit: This course offers CE credit. See next page for details.



Free Introduction
To the 8-week course
Live Online
December 29th
7-8 pm



Short Course in Mindful Self-Compassion (SC-MSC)

In order to receive Continuing Education (CE) credit, you must attend all of the live online sessions. Credit will not be given for partial attendance. Please have your license number handy at the first class.

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 6.0 CE 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. 6.0 CE credit 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 CE credit is accepted. *

Nurses: UC San Diego Center for Mindfulness is approved by the California Board of Registered Nursing, Provider Number CEP16351, for 7.0 CE credit.

Learning Objectives for those obtaining CE credits:

- Describe the main components of self-compassion and mindfulness and how they may be integrated into their role as healthcare professionals.
- Explain the difference between empathy and compassion and utilize strategies to avoid emotional exhaustion.
- Demonstrate strategies they can use on the job to regulate difficult emotions while caring for others in pain.
- Apply at least one skill from each session to help them regulate emotions and care for themselves emotionally while caring for others who are experiencing difficulty.

*Social Workers: Per the State of Wisconsin DSPS, Social Workers may obtain CE credit 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.

Contact Information:

Jamie Lynn Tatera: jamielynn@whollymindful.com

Barbara Moser: barbara@compassionmke.com

Scholarships 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.)*