

Your Self-Compassion will Blossom!



Join us for the full Mindful Self-Compassion Course
Presented over 8 splendid afternoons

LIVE ONLINE

8 Afternoons in June

Mon 6/21/2021 – Fri 6/25/2021 &
Mon 6/28/2021-Wed 6/30/2021
1:30 PM – 4:30 PM CST

Location: Live online on Zoom:
Recorded makeup sessions available

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 June 4th: Cost \$375 per person

Register after June 4th: Cost \$425 per person

Students requesting CE credits will pay an additional \$75 (submit when registering)

To Learn More or Register: <https://www.whollymindful.com/msc.html>

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

Educators Only: Graduate credit available – contact Jamie Lynn at jamielynn@whollymindful.com



WWW.WHOLLYMINDFUL.COM

Free 1 hour
Introduction
to the Course
Live Online
June 1st

CompassionMKE 

WWW.COMPASSIONMKE.COM

Mindful Self-Compassion (MSC) Full 8 Week Course

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 24.0 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. 24.0 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 28.75 CE credit.

Learning Objectives for 8 day MSC:

- Describe the theory and research supporting mindful self-compassion
- Develop and apply self-compassion practices to motivate themselves with encouragement rather than self-criticism
- Assess and manage difficult situations and emotions with greater moment-to-moment acceptance
- Develop and apply self-compassion practices to respond to feelings of failure or inadequacy with self-kindness
- Transform difficult relationships, old and new, through self-validation
- Utilize the art of savoring and self-appreciation to overcome negative attention bias
- Apply core mindfulness and self-compassion practices into daily life
- Demonstrate simple self-compassion practices to patients, students, or clients

*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.)*