

FREE LIVE ON-LINE Introductory Class!
Friday January 31st 12 Noon to 1 PM
Register at <http://www.whollymindful.com/intro-workshop.html>
ATTEND THIS FREE CLASS and
Receive a \$50 Discount on your 2 Day Core Skills Workshop Fee

Mindful Self-Compassion

2 Day Core Skills Workshop

February 13 & 14, 2020 - 9 AM-4:30 PM

IndependenceFirst, Milwaukee, WI

GROW Your Self-Compassion to -Support your own emotional health
-Sustain your compassion for others

In this Core Skills 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

Continuing Education Credit: The Core Skills Course offers 11.0 CE credit. See next page for details.

Course Instructors:

Jamie Lynn Tatera, Certified MSC Teacher, Center for Mindful Self-Compassion
Barbara Moser, MD, MSC Trained Teacher, Center for Mindful Self-Compassion

Registration Fee: \$285 (Includes lunch both days; add \$35 for CE credits)

-Partial Scholarship options are available on the registration payment page drop down menu
-30% Off Registration Fee when 3 or more persons register from one organization!

To Register for MSC 2 Day Core Skills: <http://www.whollymindful.com/msc-core-skills-registration.html>

For More Information, visit WhollyMindful.com or CompassionMKE.com or contact:

Jamie Lynn Tatera at jamielynn@whollymindful.com or call 414-554-0067
Barbara Moser at barbara@compassionMKE.com or call 414-520-5107



We are grateful to IndependenceFirst for
hosting this workshop!



Mindful Self-Compassion Course 2-Day Core Skills Workshop

In order to receive Continuing Education (CE) credit, you must attend the whole course. Credit will not be given for partial attendance. Please bring your License number as you will be required to sign-in/out daily on a CE attendance list.

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 11.0 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. 11.0 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 13.0 CE credit.

Learning Objectives for those obtaining CE credits:

- Describe the theory and research supporting mindful self-compassion
- Apply self-compassion practices to motivate themselves with encouragement rather than self-criticism
- Assess difficult situations and emotions with greater moment-to-moment acceptance
- 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
- 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.

Additional Fees and Scholarships

Students needing CE credit will pay an additional \$35 for this workshop (submit when registering). Partial scholarship options for this course are available on the registration payment page.