Self-compassion and Well-being
The Context


Psychological Approaches to Well-being

- Positive Psychology
- Mindfulness Based Stress Reduction
- Loving Kindness-Metta
- Compassion
- Self-compassion
Pre-Post Perceived Stress Scores

Perceived Stress Scale Total Score

Less stress

More stress

Pre-MBSR training

Post-MBSR training

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pop. mean
Hippocampal changes
Changes in emotional regulation
Kristin Neff and the Science of Self-compassion


Kristin Neff, Christopher Germer, and the Cultivation of Self-compassion
Components of Self-compassion

- Self-kindness
- Common Humanity
- Mindfulness
Rather than…. 

- Self-pity
- Self-indulgence
- Self-esteem
Clinical Approaches

- Mindfulness and Psychotherapy
- The Mindful Path to Self-Compassion
- Self-Compassion
- Wisdom and Compassion in Psychotherapy
Goals of the MSC Program

- Learn how to stop being so hard on yourself.
- Learn how to handle difficult emotions with greater ease.
- Learn how to motivate yourself with encouragement rather than criticism.
- Learn how to transform difficult relationships, both old and new.
- Develop mindfulness and self-compassion practices for home and everyday life.
- Understand the theory and research behind mindful self-compassion.
- Learn how to become your own best teacher.
- Become aware of and face “Fear of Compassion”.
Evaluations of the Mindful Self-compassion Training Program
