

SELF-COMPASSION FOR CLINICIANS
4 Session Series to Learn and Practice Self-Compassion

Session #1: Self-Compassion

- Self-Assessment
- What is Self-compassion (and what it is not)
 - Benefits
 - Skills
 - Risks/ Backdraft
- The Science
- The Practice

Session #2: Activating Self-Compassion

- Find the critical voice
- Drop into the body
 - Review the Stress Response and Tend and Befriend Response
- Introduction to Loving Kindness

Session #3: Self-Compassion and it's relationship with Motivation / Accomplishment

- How criticism lives in the body
 - Managing difficult emotions
- How to motivate compassionately
- How to best take care of others and yourself

Session # 4: Compassion in Practice and Leadership

- Application in clinical work
- Pause Practices: RAIN
- Mindful Leadership
 - Vulnerability and managing conflict