

Coming Home to Kindness: A Course in Mindful Self-Compassion

Course Leader:

Carli Braun Kody, PhD, LP, Mindful Self-Compassion Teacher-in-Training

Tuesdays, June 18th – August 6th 9:30am-12:15pm
Half-Day Retreat, Friday July 19th, 9:30am-1:30pm

Location: 700 Commerce Drive, Woodbury, MN 55125

“A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.” – Christopher Germer

Mindful Self-Compassion (MSC) is an empirically-supported, 8-week training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warm-hearted, connected presence.

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who feel uncomfortable when they are good to themselves. It's a courageous attitude that stands up to harm, including the harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.

Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. And it's easier than you think.

After participating in this workshop, you'll be able to:

- Practice self-compassion in daily life
- Understand the empirically-supported benefits of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Transform challenging relationships, old and new
- Manage caregiver fatigue
- Practice the art of savoring and self-appreciation

What To Expect

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. MSC is a workshop rather than a retreat. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life.

MSC is primarily a compassion training program rather than mindfulness training, although mindfulness is the foundation of self-compassion. MSC is also not psychotherapy insofar as the emphasis of MSC is on building emotional resources rather than addressing old wounds. Beneficial change occurs naturally as we develop the capacity to be with ourselves in a kinder, more compassionate way.

Compassion is a positive, energizing emotion. However, it is said that “love reveals everything unlike itself.” While learning self-compassion, some difficult emotions may arise. MSC teachers are committed to providing a safe and supportive environment for this process to unfold, and to making the journey enjoyable for everyone.

MSC includes 8 weekly sessions of 2 3/4 hours each, in addition to a 4-hour retreat. Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 30 minutes per day throughout the program.

Prerequisites

No previous experience with mindfulness or meditation is required to attend MSC. To insure safety, participants are asked to provide background information when they register for the program.

The following book is highly recommended as a companion to the MSC course

- *The Mindful Self-Compassion Workbook* by Kristin Neff and Christopher Germer

Additional recommended books, before or during the course, are:

- *Self-Compassion: The Proven Power of Being Kind to Yourself*, by Kristin Neff
- *The Mindful Path to Self-Compassion*, by Christopher Germer

This program fulfills one of the prerequisites for becoming an MSC teacher. For more information on MSC and MSC Teacher Training, please visit www.centerformsc.org

Instructor

Carli Braun Kody, PhD, LP is a licensed psychologist and a Mindful Self-Compassion Teacher-in-training. She is on a training path towards full teacher certification. Carli has been practicing MSC since 2014. She completed a 5-day intensive MSC course in January 2016 and a 7-day MSC Teacher Training in August 2017. Annually, she attends a 5-night silent meditation retreat to deepen and renew her MSC practice. This yearly ritual has come to be a meaningful and restorative self-care practice. Carli was first introduced to Dr. Kristin Neff's research on self-compassion in 2014 through Dr. Brené Brown's research on shame resilience. Carli is a Certified Daring Way™ facilitator and leads workshops about courage, shame, belonging, and resilience, based on the research of Dr. Brown.

Registration

To register, please email or call Dr. Carli Kody for registration forms or download from her website: www.drkody.com.

Please mail completed forms and a check for registration fee to the following address:

Carli Braun Kody, PhD, LP, 680 Commerce Drive, Suite 260, Woodbury, MN 55125

Phone: 651-272-9777

Email: dr.carlikody@gmail.com

Fees:

\$375 if registering before May 1st.

\$425 if registering on or after May 1st.

You will receive a certificate of completion indicating 24 hours of course time.

You may request a receipt for possible reimbursement from your insurance company.