



Carli Braun Kody, Ph.D., L.P.
Mental Health. Courage. Resilience.

The Proven Power of Kindness: Mindful Self-Compassion Online Class

Emotional resilience + Mindfulness + A Kinder Mind

Mindful Self-Compassion (MSC) is an empirically-supported 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.

WHAT: Eight 2-hour live, online classes & one 3-hour online retreat

WHEN: *Tuesdays 3:30-5:30pm starting July 7, 2020

**No class July 21 or August 11. Due to unknowns with Covid-19 and fall school schedules, class time may be adjusted starting the week of August 24th to accommodate participants needs. Time will be determined on class consensus.*

REDUCED COURSE FEE: \$349

You may qualify for insurance benefits. Email Carli for more information.

COURSE DETAILS:

- Experiential exercises, guided meditations, interactive lessons, and discussions.
- Online classroom pre/post class learning including videos, exercises, and additional resources.
- The Mindful Self-Compassion Workbook by Kristin Neff and Christopher Germer is an optional purchase, but strongly recommended as a companion to the course.

COURSE OBJECTIVES:

- Understand the theory and research supporting mindful self-compassion
- Develop/apply self-compassion practices for motivation with encouragement rather than self-criticism
- Develop/apply self-compassion practices to respond to feelings of failure or inadequacy
- Assess and manage difficult situations and emotions with greater moment-to-moment acceptance
- 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

SECURE ONLINE REGISTRATION: <https://hushforms.com/registration-drkody>

Questions and for more information, please email Dr. Kody at dr.carlikody@gmail.com.