

It seems quite common that people treat themselves badly when things go wrong, by saying cruel things to themselves they would perhaps never say to others. With *self-compassion*, we treat ourselves with kindness, care, understanding, and support, just as we would treat a close friend when he or she suffers.

Following a curriculum developed by the Center for Mindful Self Compassion in San Diego, I will offer the whole program covering 8 three hours sessions. MSC is designed to cultivate the *skill of self-compassion*, which includes self-kindness, a sense of common humanity (you will learn to see your own imperfection as part of the larger human experience) and mindfulness. It teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness by creating a state of warm-hearted, connected *presence*. It covers topics like practicing *mindfulness*, compassionate *body scan*, giving and receiving compassion, meeting difficult emotions, embracing life etc.

A half day retreat and a supplementary unit '*self-care for psychotherapists*' will be part of the program, too.

Besides short lectures and group discussions we will share different experiential approaches like *meditation* and *guided imagery*, individual self-work, partner and group exercises. The way to approach this program will be self-compassionate, i.e. you will train your 'self-compassion muscle' in a self-caring manner with warmth, ease, and a sense of humor and joy.