

MINDFUL SELF-COMPASSION – SHORT COURSE
Offered by Jean Leonard, Ph.D., LLC
GENERAL INFORMATION

Class Details

September 30 – November 11, 2021 (*no class 11/4/2021*)
Thursdays | 10:00 a.m. – 11:30 a.m.

Offered virtually via Zoom

Teacher Contact Information

Jean Leonard, Ph.D.
P.O. Box 17772 | Boulder, CO 80308
Phone: (303) 868-5881
e-mail: jeanleonardphd@gmail.com

Class Overview

The Short Course in Mindful Self-Compassion (SC-MSC) is a 6-week adaptation of the empirically-supported 8-week Mindful Self-Compassion (MSC) program designed to begin the cultivation of the skills of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, the SC-MSC program was developed to allow participants to begin to learn a targeted set of MSC practices with less initial time commitment than the full 26-hour MSC program. MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with self kindness, mindful awareness, and a deep understanding that suffering is part of our common humanity. The goal of the SC-MSC is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life. Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. It is an inner strength that enables us to be more fully human—more fully ourselves. Fortunately, self-compassion can be learned by anyone, even those of us who did not learn these skills as children.

This program is designed for members of the general public, based on the values of equity, diversity, inclusiveness and belonging. Meditation experience is not necessary to participate in SC-MSC. **All are welcome!**

Program Activities in the SC-MSC

- Short talks on various topics
- Experiential Exercises
- Group discussion
- Home practices to support cultivating self-compassion in everyday life

Preparing for your virtual class:

Practicing in your own home comes with unique benefits and challenges. Ultimately practicing at home offers a rare and precious opportunity to integrate practice more fully into daily life. You may wish to use cushions or a chair to sit. Or given what is best for your body, you may set up a space for lying down practice. It can help to wear comfortable clothes that you can easily move in and to dress in layers to support your comfort. You may wish to have on hand any particular props that you know support your comfort in sitting or lying on the floor.

Once registered, you will receive tips for setting up for home practice, as well as details for accessing Zoom and troubleshooting technological difficulties. Please take time to familiarize yourself with these details before the retreat as they will support you in having a smoother class experience.

If You Have to Miss a Class

Attendance at all sessions is expected. If you have to miss a session, please contact an instructor ahead of time, if possible. Please be on time for group. If you have to be late to a session, please quietly join the group and mute yourself. If you do miss a session, please contact the instructor about what you missed.

Home Practice

The benefits of mindfulness and self-compassion are directly related to the amount of time dedicated to regular practice. You are thus invited to practice between sessions and will be offered readings and guided practices to support you in developing your home practice.

Additional Group Guidelines

- Although people bring personal issues to class, this is not group therapy. It is a group learning experience, in which we focus on bringing mindfulness and compassion to life's problems and challenges.
- While this course is not intended to be a spiritual practice, you may find that it deepens whatever form of spirituality you practice. People from various backgrounds take this class. Please respect others' beliefs and spiritual practice.
- Rather than give advice, speak from your own experience.
- This program is designed to foster a safe and supportive environment for all program members. Participants are asked to respect the privacy of others in the program and not share any identifying information or personal details shared by other participants during our sessions.
- Do not use substances, such as alcohol or recreational drugs that would impair your concentration during class or home practice. If you feel you have a problem with substance abuse, please talk to me before beginning this class.
- Self-compassion classes can be beneficial for many individuals with a wide variety of concerns. However, certain factors can interfere with a participant's success. Please consider an individual interview with me if any of the following factors are concerns for you: anger, severe depression, suicidal thoughts, a serious psychological or medical condition, previous psychiatric hospitalization, and/or excessive use of alcohol and/or recreational drugs.

Investment: \$225

- I recognize that many have been financially impacted by COVID-19. If you are facing financial hardship, please contact me as I have a modest scholarship fund available. (If you can pay more, I welcome your generosity, as it will help support me, and those who are struggling at this time by supporting the scholarship fund.)

To register:

- **Complete the Participant Information Form & Informed Consent (one document) and e-mail it to jeanleonardphd@gmail.com**
- Payment will be via **Paypal or Zelle**: send money to jeanleonardphd@gmail.com. Thank you.
- Your space in the class is not reserved until I receive both your application (Participant Information Form and Informed Consent Form) and payment. Refunds are not available once the class has begun.