Mindful Self-Compassion (MSC) training teaches us how to develop the warm-hearted, connected presence we need during moments of difficulty. Self-compassion provides the emotional strength and resilience needed to offer ourselves the same kindness and understanding we would offer a good friend. With self-compassion we can motivate ourselves with encouragement, forgive ourselves when needed, face and befriend our shortcomings, care for others while caring for ourselves, and live more authentically. Research shows that self-compassion is strongly linked to emotional well-being, lower levels of anxiety and depression, more healthy habits such as diet and exercise, and more satisfying personal relationships.

Self-compassion is a skill that can be learned and cultivated by anyone.

In this course you will practice mindfulness and self-compassion in daily life, learn about the science of self-compassion, learn how to handle difficult emotions with greater ease, learn how to motivate yourself with kindness rather than criticism, learn how to transform challenging relationships, learn tools to manage compassion fatigue, practice the art of savoring and self-appreciation, and be able to teach simple self-compassion practices to others

MSC is an experiential journey — an adventure in self-discovery and self-kindness. Self-Compassion can be learned by anyone, even those of us who did not learn these skills as children. Components of the program include guided meditation, group discussion, reflection and written exercises, and topic talks.

This program is an intensive skills training program. It has the same content as the eight-session, empirically-supported Mindful Self-Compassion training developed by Christopher Germer and Kristin Neff. This program is for mindfulness teachers, therapists and anyone interested in developing the skills of self-compassion and mindfulness.

This program fulfills a prerequisite for becoming a MSC teacher. 25.5 Continuing Education credits are offered for Psychologists, Psychoanalysts, Social Workers, Counselors/Marriage and Family Therapists, Creative Arts Therapists, Chemical Dependency Counselors, Educators and Nurses through R.Cassidy Seminars. Applications for CEs are done separately from your application to register the course.

This is a residential workshop. (A limited number of commuter registrations are available.)

Kristy Arbon is the Founder and CEO of HeartWorks Training LLC, supporting people in their practice of self-compassion, mindfulness, somatic awareness, shame resilience and tapping into emergent self-wisdom. Her work has deep roots in Trauma-Sensitive Mindfulness, Somatic Experiencing, Sensory Modulation, Brene Brown’s shame resilience model, Mindful Self-Compassion, Internal Family Systems, Buddhist philosophy and exploration of archetypes. Kristy is a qualified social worker, a certified Mindful Self-Compassion teacher, a qualified fitness instructor and she has completed Somatic Experiencing Level 1 and Internal Family Systems Level 1 training. She is passionate about supporting people in learning about old patterns of being that no longer serve them and transforming them into self-compassion practices so that they can go out into the world and courageously do the important work they are called for. She is also passionate about supporting contemplative teachers to be increasingly and safely embodied and trauma-informed. You can learn more about Kristy and her classes at kristyarbon.com.

For additional information and registration, please visit mercycenterstl.org