Course: self-compassion in clinical practice: evidence and key strategies

Address: https://asadis.net/en/course/self-compassion-clinical-practice-evidence-key-strategies/

Duration: 4h

Type of course: Continuing education

Location: Online course

Individual price: $144.00

Overview:
Avoiding the emotions that naturally arise from life's many challenges is an instinct that feels natural and is easily succumbed to. However, this avoidance actually increases the distress associated with the situation.

The first step toward a more balanced approach to coping with life's difficulties is acceptance: recognizing that emotions, even negative ones, are natural mechanisms our brains use to process change. This can be achieved through the practice of mindfulness. The second step is self-compassion: bringing loving awareness to ourselves and nurturing a state of warm, connected presence during difficult moments.

As such, it is an important inner resource that increases resilience, self-esteem and the sense of internal strength. It involves the capacity to comfort and soothe oneself, and to motivate oneself with encouragement when struggling, failing, or feeling inadequate. Thousands of studies show that self-compassion is strongly associated with emotional wellbeing, better coping, healthy habits, more satisfying relationships and lower levels of anxiety and depression.

In a clinical context, self-compassion enables us to maintain emotional balance in the midst of challenging clinical work, to enjoy our clients' presence and to prevent caregiver fatigue.

In this in-depth training provided by Drs Christopher K. Germer and Shari Geller, you will learn about the theory and research of self-compassion in psychotherapy. You will discover strategies to enhance the therapeutic relationship through compassion.

You will also explore the fascinating role of shame in psychotherapy and learn how to implement self-compassion techniques to alleviate it. Additionally, you will teach clients how to cultivate and practice self-compassion at home, between sessions.

Learning objectives:

1. Describe theory and research of self-compassion in psychotherapy
2. Improve the therapeutic relationship through compassion and self-compassion practices during the clinical hour
3. Define the role of shame in psychotherapy and implement self-compassion to alleviate shame.
4. Explain how to cultivate and practice self-compassion at home, between sessions.

Learning material:

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

Audience: This training is intended for mental health professionals.

The experts

Dr. Chris Germer, clinical psychologist and lecturer in the Department of Psychiatry at Harvard Medical School.

He co-developed the Mindful Self-Compassion (MSC) program with Dr. Kristin Neff in 2010, with whom he also authored two books, The Mindful Self-Compassion Workbook and Teaching the Mindful Self-Compassion Program. MSC has since been taught to over 150,000 people worldwide.

In addition to having a clinical practice in Massachusetts, USA, Dr. Germer spends most of his time lecturing and leading workshops around the world on mindfulness and self-compassion.
He is also the author of The Mindful Path to Self-Compassion and he co-edited two influential volumes on therapy, Mindfulness and Psychotherapy, and Wisdom and Compassion in Psychotherapy.

Dr. Shari Geller, psychologist, is an author and leader in the field of Therapeutic Presence, clinical psychologist, trained teacher of Mindful Self-Compassion and creator of the Therapeutic Rhythm and Mindfulness Program. With over twenty-five years of experience weaving psychology and mindfulness, Dr. Geller co-authored the book Therapeutic Presence: A Mindful Approach to Effective Therapy with Dr. Leslie S. Greenberg.

She has released a companion CD on cultivating presence, with guided practices using the healing power of music and the health benefits of mindfulness. Her second book, A Practical Guide For Cultivating Therapeutic Presence, offers practical guidance for cultivating and strengthening therapeutic presence as a foundational approach.

Dr. Geller serves on the teaching faculty in Health Psychology at York University and for the Applied

Mindfulness Meditation (AMM) program at University of Toronto, and is Adjunct Professor in the Faculty of Music at the University of Toronto, in association with Music and Health Research Collaboratory (MaHRC). She is the co-director of the Centre for MindBody Health in Toronto, where she offers training, supervision and therapy in Emotion-Focused Therapy and mindfulness and self-compassion modalities for individuals and couples.

Syllabus

PowerPoint

Foundations of Self-Compassion

Meditation of self-compassion

Introduction

Shari's background

Christopher's background

History of Self-Compassion in Psychotherapy

Brief history of self-compassion in psychotherapy

CFT, IFS and EFT

Neurobiological Mechanisms and Obstacles to Self-Compassion

The neurobiological mechanisms of action

The obstacles of self-compassion

3 Levels of Integration Into Psychotherapy

Why presence

TP Practice- Grounding

How does presence promote change

Pre-session Arrival practice

Strengthening attunement skills

Practical Exercises for Clinicians

Self-Attunement Practice

Exercise- giving and receiving compassion

Q&A;

Meditation soft landing on giving and receiving compassion

Exercise- Silver Lining

Challenges to listening compassionately

Listening and speaking from the heart

Listening and speaking from the heart- reflection

Clinical Applications

Attachment theory

An antidote to shame

Self-compassion break for shame

Working with trauma

Therapeutic interventions

Clinical role-play

Analyze of the clinical role-play

Final Q&A;
Conclusion
Additional Resources
Handout - SC in Clinical Practice
Handout - Cultivating online therapeutic presence
Handout - Cultivating Self-Compassion in Trauma Survivors
Handout - Mindfulness and Compassion: Similarities and Differences
Handout - Self-Compassion in Psychotherapy
Handout - The Five Myths of Self- Compassion
Handout - Self-Compassion in Psychotherapy: Clinical Integration, Evidence Base and Mechanisms of Change
Handout - Therapeutic Presence: Therapists' experience of presence in the psychotherapy encounter
Handout - Therapeutic Presence: Neurophysiological Mechanisms Mediating Feeling Safe in Therapeutic Relationships

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*