

Mindful Self-Compassion (MSC) 8-week Online Course

Dates: **Sundays**, September 25 – November 13, 2022 from 10:00am – 12:30pm PDT and **Saturday**, October 22, 2022 from 9:00am – 1:00pm PDT

Location: Live Online via Zoom

Instructor: Taryn Gammon, Ph.D., BCB, Certified MSC Teacher

Cost options: Standard Fee: \$425 (I'm happy to pay the standard fee)
Supported Fee: \$325 (I just need a little support)
Contributing Fee: \$525 (I'd like to contribute to someone else being able to take the course)
Students needing CE credits will pay an additional \$75

Register: www.drtyrnyngammon.com/mindfulselfcompassion

Contact: drtyrnyngammon@gmail.com

Course description: Mindful Self Compassion (MSC) is an empirically-supported, 8-week program based on pioneering research by Kristin Neff, Ph.D., University of Texas and the clinical expertise of Chris Germer, Ph.D., Harvard Medical School-Cambridge Health Alliance. Research demonstrates that MSC is strongly associated with emotional well-being and can reduce anxiety, depression, and stress. MSC is designed to teach core principles and strategies to recognize difficult situations and to respond with greater stress resilience and self-kindness. In-class activities include brief talks, experiential exercises, and group discussions. The class is cumulative so that each weekly class builds upon the previous class. To gain maximum benefit, MSC includes 8 weekly classes, 2 1/2 hours each and one 4-hour retreat. Please plan to attend all sessions; however, you may miss up to 2. Participants will be encouraged to dedicate 30 minutes a day for MSC skills home practice.

Learning Objectives for those obtaining CE credits:

- describe the theory and research supporting mindful self-compassion
- motivate themselves with encouragement rather than self-criticism
- relate to difficult emotions with greater moment-to-moment acceptance
- respond to feelings of failure or inadequacy with self-kindness
- begin to transform difficult relationships, old and new, through self-validation
- practice the art of savoring and self-appreciation
- integrate core mindfulness and self-compassion exercises into daily life
- teach simple self-compassion practices to patients, students, or clients

About the Instructor: Taryn Gammon, Ph.D., BCB, is a Clinical Psychologist and Certified Teacher of Mindful Self-Compassion. She specializes in mindfulness, compassion, and body-based approaches to health and healing. She completed her doctoral research on a self-compassion intervention for chronic pain, and has taught virtual and in-person MSC classes for the community and in healthcare institutions for providers and consumers, including the VA, UCSD, and Sharp HealthCare. She is committed to fostering an inclusive and welcoming class environment for participants to explore how the practices of self-compassion can help support them in their daily lives, and in connecting to what matters most to them.

Accreditation:

Psychologists: Continuing Education Credit for this program is provided by UC San Diego Center for Mindfulness. The UC San Diego Center for Mindfulness is approved by the American Psychological Association to sponsor continuing education for psychologists. The UC San Diego Center for Mindfulness maintains responsibility for this program and its content. This course offers 24.0 hours of credit.

California licensed MFTs, LPCs, LEPs, LCSWs: Continuing Education Credit for this program is provided by UC San Diego Center for Mindfulness. The UC San Diego Center for Mindfulness is approved by the American Psychological Association to sponsor continuing education for psychologists. 24.0 contact hours may be applied to your license renewal through the California Board of Behavioral Sciences. For those licensed outside California, please check with your local licensing board to determine if APA accreditation meets their requirements.

Nurses: UC San Diego Center for Mindfulness is approved by the California Board of Registered Nursing, Provider Number CEP16351, for 28.75 contact hours.