

The Short Course in Mindful Self-Compassion (SC- MSC)

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. SC-MSC was developed by Kristin Neff, PhD, the [pioneering researcher in the field of self-compassion](#) and Christopher Germer, PhD, a [leader in the integration of mindfulness, compassion and psychotherapy](#). The SC-MSC 6-hour 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.

Most of us feel compassion for our close friends when they are struggling. What would it be like to receive the same caring attention from yourself when you needed it most? All that's required is a shift in attention—recognizing that as a human being, you, too, are a worthy recipient of compassion. Self-compassion involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we suffer, fail, or feel inadequate. Self-compassion is learned in part by connecting with our innate compassion for others and including ourselves in that circle of compassion. The practice of self-compassion also helps to grow and sustain our compassion for others.

The SC-MSC program draws on the skills of mindfulness and focuses on developing the resource of self-compassion to enhance our capacity for emotional wellbeing. 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.

MSC Objectives

At the completion of this activity, participants should be able to:

- Articulate the basic theoretical underpinnings and research findings related to self-compassion
- Develop and apply self-compassion practices to motivate themselves with encouragement rather than self-criticism
- Develop the capacity to contend with challenges and difficulties through awareness of self-kindness, common humanity and mindfulness.

- Apply core self-compassion practices into daily life

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 include short talks, experiential exercises, group discussion, and home practices. SC-MSC is an opportunity to explore how we typically respond when difficulties arise in our lives and to learn tools for becoming a warm and supportive companion to ourselves.