

Self-Compassion for You and Your Clients

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Objectives:

- Be able to explain self-compassion as a concept, its 3 components and their opposites
 - Understand the benefits of self-compassion over self-esteem and the link to psychological well-being
 - Know how to assess self-compassion
 - Learn practices to help you and your clients enhance self-compassion
 - Acquire further resources for continued learning about self-compassion in research/practice
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Origins of self-compassion research

- Contrasted with self-esteem
- Buddhist psychology - loving kindness
 - Christopher Germer's view of self-compassion as an important adjunct to mindfulness-based approaches

Self-compassion conceptualized

- Kristin Neff's 3 components (and their opposites)
 - Self-kindness (vs. Self-judgment)
 - Common humanity (vs. Isolation)
 - Mindfulness (vs. Over-identification)
- Self-Compassion Scale (SCS) - assessment tool

Self-esteem - a dangerous bargain?

- Neff's research into the consequences of the self-esteem movement
- self-compassion as a healthier alternative

Myths about the consequences of self-compassion

- self-pity/self-indulgence
- reduced motivation to improve
- as sign of weakness

Benefits of self-compassion

- psychological well-being
- motivation
- personal accountability
- resilience
- "biochemistry of care"

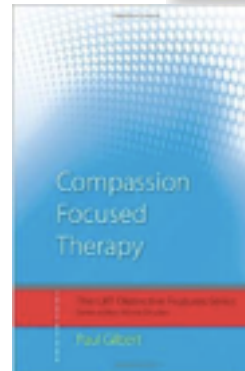
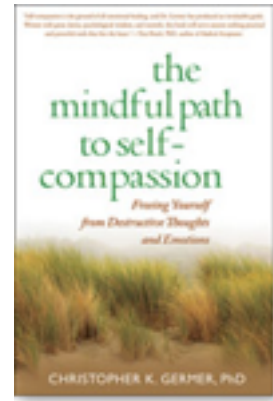
Self-compassion Interventions

- derived from 3rd wave cognitive-behavioral tradition (DBT, ACT, MBSR)
- Compassion Focused Therapy (Compassionate Mind Training) - Paul Gilbert
- Mindful Self-Compassion - Neff & Germer
- Journaling, visualization, loving kindness/mindfulness practices, empty chair, psychoeducation

Kristin Neff, PhD
Author of *Self-Compassion*
www.self-compassion.org

Christopher Germer, PhD
Author of *The Mindful Path to Self-Compassion*
www.mindfulselfcompassion.org

Paul Gilbert, PhD
Compassionate Mind (Compassion-Focused Therapy)
www.compassionatemind.co.uk



Self-compassion inspiration...

Love After Love
by Derek Walcott

The time will come, when with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome
and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you.
all your life, whom you have ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.