Self-Compassion in Clinical Practice
Evening Talk with Christopher K. Germer, PhD
April 10, 2014, 7:00 pm
Auditorium, Royal Ottawa Mental Health Centre

Mindfulness Ottawa Professional Community together with the Ottawa Mindfulness Clinic is pleased to host an evening talk with Christopher K. Germer, PhD during his visit to Ottawa.

Dr. Germer is a clinical psychologist in private practice, a Clinical Instructor in Psychology at Harvard Medical School/Cambridge Health Alliance and a founding faculty member of the Institute for Meditation and Psychotherapy. He and Dr. Kristin Neff co-developed the 8-week, empirically supported, Mindful Self-Compassion (MSC) training program. See www.CenterForMSC.org

Self-compassion is a state of warm-hearted, connected, presence during difficult moments in our lives. It is the emotional attitude of mindfulness. Rapidly expanding research demonstrates that self-compassion is related to emotional well-being, lower levels of anxiety and depression, more satisfying relationships, and healthy habits such as diet and exercise. In this talk, Dr. Germer will review the theory and research on self-compassion, describe how self-compassion relates to mindfulness, and offer simple skills that can clinicians can practice themselves and teach to clients.

Cost: $20. Proceeds will go to support Mindfulness Ottawa Professional Community. To register please go to: www.bmindful.ca/mindfulnessottawa. For more information please contact us at mindfulnessottawa@gmail.com.

Dr. Germer is visiting Ottawa to offer his Mindful Self-Compassion Core Skills Training, a 3-day workshop from April 11 to 13. If you are interested in attending this workshop please go to www.ottawamindfulnessclinic.com.

Mindfulness Ottawa is a new community dedicated to bringing together professionals who are interested in the practice of mindfulness.

If you are interested in becoming a member please visit: www.mindfulnessottawa.ning.com

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