

A moment of self-compassion
can change your entire day.

A string of such moments can
change the course of your life.

Christopher Germer



Our Impact

People who are kind and compassionate toward themselves are not only healthier, but are more accepting and empathic toward others.

Shame, self-criticism, perfectionism and intolerance of difficult emotions lie at the heart of much human suffering, and many of the harmful behaviors that we see in the world today. Many years of extensive research and experience with offering the Mindful Self-Compassion (MSC) program definitively establishes the practice of self-compassion as a viable, powerful and effective “antidote” to these root causes of suffering.

Learning to practice self-compassion through MSC training is a powerful, affordable, flexible and accessible means of directly impacting a large portion of the population that needs relief. With nearly 2,000 MSC teachers worldwide, CMSC is uniquely positioned to accomplish this vision. With a wide reach, a strong foundation and an excellent reputation, CMSC is poised to have a significant and widespread positive impact on individuals, groups and society as a whole.

Support for CMSC will make a measurable and lasting impact on people and society through a variety of strategic and coordinated projects.

Organizational Goals

The Center for Mindful Self-Compassion is a vibrant center for the learning, teaching and practice of self-compassion through the following organizational goals:

- Offering MSC and adaptations of it in an effective, accessible, flexible and affordable manner to the widest range of participants
- Providing resources and opportunities to the public for learning and practicing self-compassion
- Developing innovative approaches to MSC teacher training
- Providing quality continuing education, personal development opportunities, and general resources for MSC teachers
- Maintaining high standards for MSC teachers
- Fostering a professional community of teachers supporting teachers
- Supporting scientific research to enhance our understanding of MSC and self-compassion more generally
- Fostering an online community to encompass those new to self-compassion practice, graduates of MSC programs and teachers of MSC





Center for Mindful Self-Compassion

Our overarching goal is to continue to be a world-renowned and vibrant center for the learning, teaching and practice of self-compassion.

Mission

To contribute to a more compassionate world through cultivating deep understanding and personal practice of self-compassion.

Vision

Because of the work of CMSC, self-compassion is recognized worldwide as an **essential skill** for human flourishing, and opportunities for learning self-compassion are **readily accessible** and **routinely included** in education, healthcare, and daily life.

Values

We believe that mindfulness and self-compassion are basic human capacities that can be cultivated to support well-being and reduce suffering

We believe that the foundation for effective teaching of MSC is the teacher's regular personal practice of mindfulness and self-compassion in daily life

Our approach is grounded in current scientific understandings of mindfulness and self-compassion

We are committed to promoting mindfulness and self-compassion to cultivate an inclusive, caring and multi-cultural community that allows individuals to thrive





Loving ourselves points us to capacities of resilience, compassion, and understanding within that are simply part of being alive.

Kristin Neff

Dear Friend of Self-Compassion,

Dozens of studies over the last decade have demonstrated that self-compassion, a way of relating to ourselves in times of suffering that is characterized by increased kindness, reduced self-judgment, increased sense of common humanity, and less isolation, is one of the most important building blocks of psychological well-being.

In just the last five years, science has shown that self-compassion is an important source of strength and resilience when faced with life stressors such as divorce, combat trauma, parenting an autistic spectrum child, transitioning to college, chronic health issues, adolescent peer victimization/bullying, and body image and disordered eating, to name just a few.

At the Center for Mindful Self-Compassion, we recognize that high-risk groups around the world face more than their fair share of debilitating stressors and life-traumas that can bring them to a place of questioning their own value. We may not be able to solve all of the problems they face today, but one thing we can offer is an internal resource of strength and resilience that can shore them up during challenging times.

Your funds will help to support our center in leading a global self-compassion movement that overcomes outdated ideas about how to succeed and be a contributor, and advances ways of being with ourselves and others that enable greater flourishing for all. We will continue to do the high-quality work we have become known and trusted for, and in the next pages you'll find the strategic priorities we are committed to over the next three years. Please consider supporting our work.

The Board of Directors of the non-profit Center for Mindful Self-Compassion urge you to join us in finding new and meaningful ways to share MSC and the practice of self-compassion with those who need it most. We are committed to working with you to make this happen and extending our reach even more in the coming years.

With gratitude for your support, and warm wishes for your own well-being,

Sincerely,



Steven Hickman, PsyD

Executive Director, Center for Mindful Self-Compassion



Strategic Priorities 2019 – 2021

In addition to our ongoing goals, over the next three years our community has identified four strategic priorities that with your support, will create an even broader reach of self-compassion, and a greater positive impact on individuals and society.

Strategic
Priority
1

Developing and Disseminating Program Adaptations for Specific Populations and Settings

Strategic
Priority
2

Increasing Equity, Inclusion, and Diversity

Strategic
Priority
3

Expanding Reach through Online Offerings

Strategic
Priority
4

Strengthening Teacher Development and Community

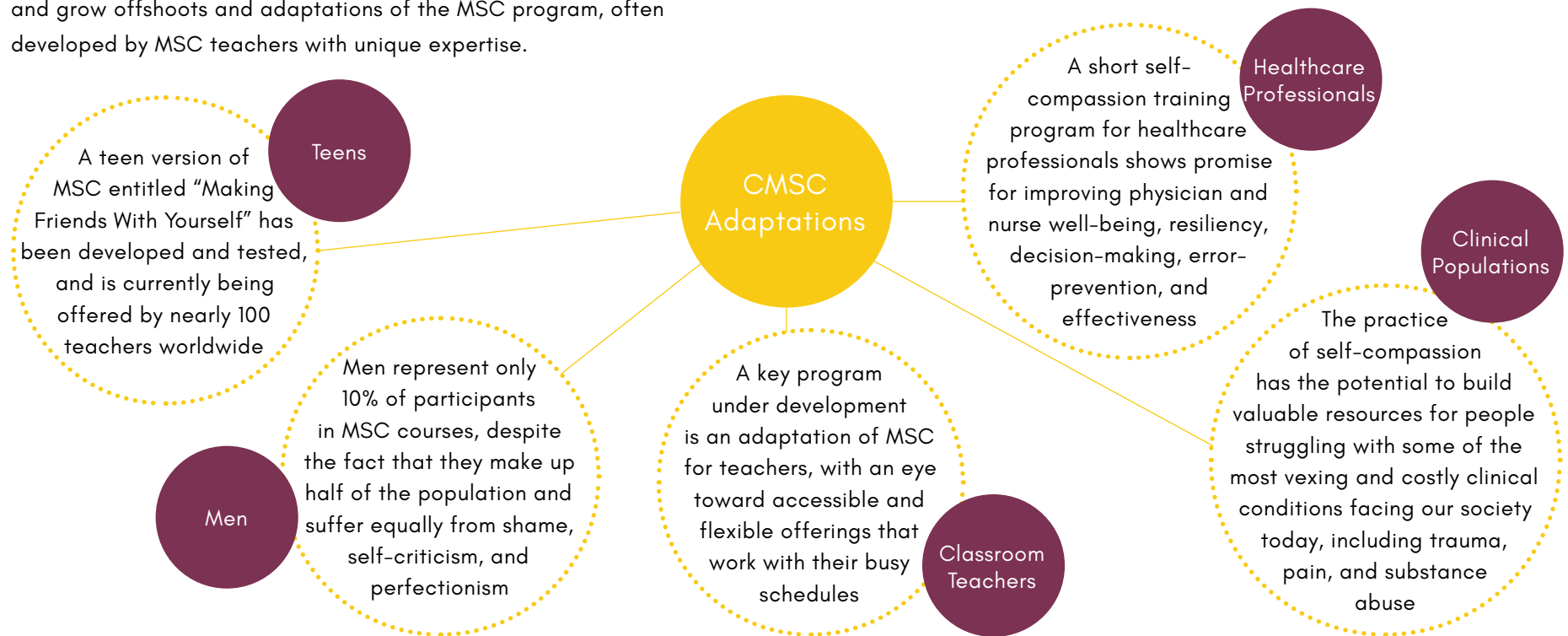


Strategic Priority 1: Developing and Disseminating Program Adaptations for Specific Populations and Settings

The broad dissemination of MSC depends upon the way the program is adapted and evolves to meet the needs of more people and populations.

Our “Self-Compassion Program Incubator” supports people to foster and grow offshoots and adaptations of the MSC program, often developed by MSC teachers with unique expertise.

The incubator leverages the resources and infrastructure of CMSC to support teachers with specific expertise, but without the organizational means or business expertise to craft, study and disseminate a worthy program. In the coming three years we are launching or developing adaptations for five specific populations.



Teens and Youth

Youth and teens are especially susceptible to the negative effects of a lack of self-compassion. We are witnessing epidemic rates of suicide, an extreme consequence of shame, self-criticism, and low self-esteem, in addition to high rates of depression and anxiety in our youth.

Our view is that training in self-compassion should be routine in education, anti-bullying efforts, and substance abuse and mental illness prevention and treatment for children and adolescents.

Research shows that self-compassion is strongly associated with well-being, protects against the negative effects of low self-esteem, and promotes psychological resilience among adolescents.

A teen version of MSC, entitled “Making Friends With Yourself” has been developed and tested, and is currently being offered by nearly 100 teachers worldwide. Certified MSC Teachers Karen Bluth and Lorraine Hobbs, developers of the program, are actively training new teachers and expanding the reach of this program with the support of the CMSC.



Healthcare Professionals

Burnout and caregiver fatigue amongst healthcare professionals is receiving increasing attention worldwide, as the demands upon these care providers increase and resources become more scarce. The factors contributing to this state of affairs are complex and pervasive, but there is promising evidence for the power of self-compassion and mindfulness to increase resilience, ward off burnout and support well-being in healthcare professionals.

Small pilot studies conducted by Kristin Neff and colleagues have shown potential efficacy of a short self-compassion training program for healthcare professionals in a hospital setting, and more studies are planned. There is significant interest in the healthcare field in interventions that show efficacy in improving physician and nurse well-being, resiliency, decision-making, error-prevention, and other key indicators of effectiveness and good health.



Classroom Teachers

Another key profession showing significant signs of overwhelm and burnout are the people who teach our children. School teachers face a unique collection of stressors in modern society, including institutional factors (like shrinking budgets, fewer resources, larger class sizes, test score focus, mandated curricula, etc); societal factors (increased concerns about physical safety for teachers and students and unreasonably demanding or disengaged parents); and increasingly stressed-out students who are preoccupied with technology and suffering emotionally.

These demands, combined with low salaries and limited time for resting, rejuvenating and recharging, can put teachers in a precarious position.

Highly conscientious, many teachers are extremely hard on themselves. A key program under development is an adaptation of MSC for teachers, with an eye toward accessible and flexible offerings that work with their busy schedules. Not only will this program provide relief and resilience for teachers, but will no doubt be passed on to the students they encounter.



Clinical Populations

MSC was not originally designed as a clinical intervention, but it very clearly has a therapeutic impact on those who participate in the training.

There is increasing evidence that the practice of self-compassion can have remarkable effects on, and build valuable resources for, people struggling with some of the most vexing and costly clinical conditions facing our society today.

These conditions include: trauma, chronic pain, substance abuse, eating disorders, depression and others. CMSC aims to support the

development of adaptations or approaches that retain the core elements of MSC, but are customized to best address these areas of significant need.

MSC teachers with expertise in these areas can participate in the Program Adaptation Incubator to receive CMSC's support in developing high-quality programs meeting the specific needs of these clinical populations.



Men

Men represent only 10% of participants in MSC courses, despite the fact that they make up half of the population and suffer equally from shame, self-criticism, and perfectionism.

One in five deaths in young men between the ages of 15 and 24 are due to suicide – reflecting an epidemic level of self-hatred and low self-worth. Young men in particular are harmed by outdated male stereotypes that are gradually becoming obsolete. In the age of “me too,” inappropriate, abusive and misguided behaviors by otherwise

successful men who are ill-equipped to navigate their own emotional landscape are increasingly coming to light.

CMSC has developed an early adaptation designed for men “Ultimate Courage: Self-Compassion Training for Men.” Several of these workshops have been offered around the U.S. and online, and more are planned. We will build on early efforts, developing a more robust range of offerings to address this important societal issue.



Strategic Priority 2: Increasing Equity, Inclusion, and Diversity

Those who stand to benefit most from the practice of self-compassion are often the ones least able to access it. CMSC is committed to extending the reach of self-compassion practice to communities, groups and locations where it can have an especially profound impact. Over the next three years this includes:

- Increasing the number of MSC teachers from diverse backgrounds, as well as those committed to delivering MSC to underserved populations
- Conducting a full review of the MSC curriculum to address potential barriers to inclusion and diversity related to terminology, instructions, languaging and intention;
- Developing a suite of training resources (webinars, written materials, and workshops) aimed at developing the cultural competency of MSC teachers worldwide;
- Supporting MSC teachers in delivering MSC to diverse populations



Strategic Priority 3: Expanding Reach through Online Offerings

While the traditional delivery of the MSC program and training has been in-person during an 8-week course or 5-day intensive, technology today affords a wide array of options for dissemination, education and training. CMSC is dedicated to building an online learning environment that not only extends our reach to those who cannot access live programs, but enhances the range and type of offerings that further our goals. Specific goals in the next three years include:

- Building an online community platform and communication strategy that engages people around the globe to access self-compassion resources and support one another in ongoing practice
- Expanding the volume of Live Online MSC (LOMSC) programs available
- Extending LOMSC to languages other than English (current projects are in Spanish, Dutch, Mandarin, French and German)
- Developing online offerings for our targeted specialized populations, including teachers, healthcare providers, men, and clinical populations, and supporting online adaptations through the Incubator
- Developing and offering brief introductory webinars and brief workshops on topics of interest
- Deepening teaching of MSC through Advanced Training Webinars on special topics of interest to MSC teachers



Strategic Priority 4: Strengthening Teacher Development and Community

The skilled teachers that CMSC has trained and supported over the last seven years are the human face of our organization to tens of thousands of program participants around the globe. The organization is firmly committed to supporting these teachers in their professional development, training new teachers, and providing a rich learning community that supports the highest quality delivery of self-compassion training. We believe teachers are at their best when they are in community and can support one another's development. Over the next three years CMSC will continue to develop our teaching force by:

- Building a vibrant and resource-rich online community platform to engage teachers on an ongoing basis
- Creating and offering continuing professional education webinars, workshops and other training opportunities
- Offering periodic silent meditation retreat opportunities to support the ongoing personal practice of teachers
- Continuous quality review of the teacher training pathway with additional resources for training, support, mentorship and supervision
- Partnering with organizations around the globe to support future teacher training intensives in creative ways to develop teachers in untapped "markets" or cultures



Our Leadership

Kristin Neff, PhD – Co-Founder

Kristin Neff, PhD, is co-founder of CMSC and co-developer of MSC. She is Associate Professor in the Educational Psychology Dept. at the University of Texas at Austin. She is a pioneer in the field of self-compassion research, being the first person to operationally define and measure the construct. She has published widely including numerous academic articles, book chapters and the popular book [Self-Compassion: The Proven Power of Being Kind to Yourself](#). She is also Associate Editor at the journal Mindfulness. Kristin's work has received extensive media coverage, including the New York Times, MSNBC, National Public Radio, Scientific American, and Psychology Today. Kristin is an MSC teacher trainer, and leads MSC intensives and workshops around the world.



Christopher Germer, PhD – Co-Founder

Christopher Germer, PhD is co-founder of CMSC and co-developer of MSC. He is the author of the popular book, The Mindful Path to Self-Compassion, and co-author (with Kristin Neff) of the professional text, Teaching the Mindful Self-Compassion Program, and a workbook, The Mindful Self-Compassion Workbook. Chris is an MSC Teacher Trainer and leads MSC intensives and workshops around the world. Chris is also a clinical psychologist and lecturer in psychiatry at Harvard Medical School. Chris maintains a small private practice in Arlington, Massachusetts, USA, specializing in mindfulness and compassion-based psychotherapy.



Steven Hickman, PsyD

Steven Hickman, Psy.D., is a Licensed Clinical Psychologist and an Associate Clinical Professor in the UC San Diego Department of Family Medicine & Public Health. His role is to provide oversight, vision, direction and focus for the development and expansion of CMSC around the world. He is also the Director of Professional Training, overseeing the training of teachers from “start to finish” and assuring the highest quality standards and the best possible resources for teaching. Steve is the Founding Director of the [UC San Diego Center for Mindfulness](#), a program of community building, clinical care, professional training and research. Steve is an MSC teacher trainer, and leads MSC intensives and workshops around the world.



To meet our whole team, visit <https://centerformsc.org/who-we-are/>



Sample Peer-Reviewed Research on Mindful Self-Compassion

Mindful Self-Compassion (MSC) program, an 8-week workshop designed to train people to be more self-compassionate, improves self-compassion, mindfulness, and wellbeing outcomes, maintained at 6-month and 1-year follow-ups.

Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the mindful self-compassion program. *Journal of Clinical Psychology*, 69(1), 28-44.

Since the first two studies on self-compassion were published in 2003 by Neff, over 1600 studies and dissertations have now been published with over half of those being published in the last two years. Self-compassion appears to be a source of strength and resilience when facing a wide range of life stressors, and a number of health conditions.

Bluth, K., & Neff, K. D. (2018). New frontiers in understanding the benefits of self-compassion. *Self and Identity*, 17(6), 605-608.

MSC training in diabetics increased self-compassion and reduced depression and diabetes distress, maintained at 3-month follow-up, as well as decreasing HbA1c between baseline and follow-up of >10 mmol/mol (nearly 1%).

Friis, A. M., Johnson, M. H., Cutfield, R. G., & Consedine, N. S. (2016). Kindness matters: a randomized controlled trial of a mindful self-compassion intervention improves depression, distress, and HbA1c among patients with diabetes. *Diabetes care*, 39(11), 1963-1971.

A meta-analysis of 79 studies, with a total of 16,416 participants, showed a robust relationship of self-compassion to well-being ($r = .47$), with several studies indicating a causal relationship between self-compassion training and well-being.

Zessin, U., Dickhäuser, O., & Garbade, S. (2015). The relationship between self-compassion and well-being: A meta-analysis. *Applied Psychology: Health and Well-Being*, 7(3), 340-364.

“Making Friends with Yourself: A Mindful Self-Compassion Program for Teens” (MFY), an adaptation of the adult Mindful Self-Compassion program associated with increased mindfulness and self-compassion, and significantly less anxiety, depression, perceived stress, and negative affect in adolescents.

Bluth, K., Gaylord, S. A., Campo, R. A., Mullarkey, M. C., & Hobbs, L. (2016). Making friends with yourself: A mixed methods pilot study of a mindful self-compassion program for adolescents. *Mindfulness*, 7(2), 479-492..

In a multigenerational group of women, a three-week self-compassion intervention reduced body dissatisfaction, body shame, and contingent self-worth based on appearance, and increased self-compassion and body appreciation, maintained 3 months later.

Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2015). Self-compassion and body dissatisfaction in women: A randomized controlled trial of a brief meditation intervention. *Mindfulness*, 6(3), 444-454.



Yes! I want to make the practice of Mindful Self-Compassion more accessible to a diverse array of kids, classroom teachers, healthcare providers, and people suffering from the emotional and behavioral consequences of self-criticism, adverse childhood events, and life challenges.

My gift of*:

\$1000 or **\$83.33** per month trains one MSC teacher to bring self-compassion to hundreds of people who benefit from it.

\$5000 brings the “Making Friends with Yourself” program to five classroom teachers, reaching hundreds of students annually throughout their careers.

\$10,000 increases equitable access to Mindful Self-Compassion by training 10 new teachers who are from diverse backgrounds and are committed to working with underserved populations, leveraging your donation to reach thousands of people who would not otherwise have access to this powerful practice.

\$25,000 allows for a robust online platform to be created that directly delivers MSC to a much broader audience, and supports MSC teachers to continue their training, connect with community, and be found in their local region.

I’d like to give \$.
 monthly/ one-time to advance the understanding and practice of Mindful Self-Compassion

Make mine a sustaining gift - I pledge to contribute this same amount or more in 2020 and 2021.

Estate Gift - If you’ve been touched by the power of self-compassion in your own life, consider leaving CMSC in your estate plan. Even a small bequest allows you to leave the legacy of self-compassion training for future generations.

First Name

Last Name

Today’s Date

Address

City

State

Zip

Check Enclosed for \$.

Donate online at <https://centerformsc.org/donate/>

Credit Card Number

Expiration Date

Three Digit Code

Billing Address

City

State

Zip

Same as Above

* Note: These examples illustrate the impact of each gift. Your gift will be used where needed most. Contact us if you’d like to restrict your gift to a particular project.



Our overarching goal is to continue to be a world-renowned and vibrant center for the learning, teaching and practice of self-compassion through our established reputation for:



Offering MSC and adaptations in an effective, accessible, flexible and affordable manner to the widest range of participants



Providing resources and opportunities to the public for learning and practicing self-compassion



Fostering an online community to encompass those new to self-compassion practice, graduates of MSC programs and teachers of MSC



Developing innovative approaches to MSC teacher training



Providing quality continuing education, personal development opportunities, and general resources for MSC teachers



Supporting scientific research to enhance our understanding of MSC and build the evidence base for applications of self-compassion



Maintaining high standards for MSC teachers



Fostering a professional community of teachers supporting teachers



Center for
Mindful Self-Compassion