

Presence and Self-Compassion in Psychotherapy: A Foundational Approach for Therapists & Clients

March 26 & 27, 2020

Join leaders in the field for a 2-day workshop on self-compassion and therapeutic presence. This workshop will offer clinicians core skills and practices to cultivate presence and self-compassion as a foundation for therapeutic relationships, self care and to teach to clients.

Therapeutic presence (TP) lies at the heart of a positive treatment alliance. When practicing therapeutic presence, clinicians use their whole self—physically, emotionally, cognitively and spiritually—to be receptively attuned and deeply engaged with the client, moment-by-moment. TP provides a neurophysiological sense of safety in clients that allows them to be seen, heard, understood, and “feel felt.”

Self-compassion (MSC) involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we struggle, fail, or feel inadequate. It is a key resource that enables clinicians to be fully present and attuned with clients. Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, lower levels of anxiety and depression, coping with life challenges, healthy habits like diet and exercise, and more satisfying relationships.

TP and MSC are trans-theoretical mechanisms of change in psychotherapy and the emotional heart of mindfulness when we meet suffering. Self-compassion is a part of presence, and yet strengthens presence. Both therapeutic presence and self-compassion are powerful resources for clinicians to maintain emotional balance in the midst of challenging clinical work, to enjoy their work and their clients more fully, and to prevent caregiver fatigue.

Since presence and self-compassion need to be directly experienced to be understood, this workshop will be largely experiential, including meditation, musical rhythm, imagery, and creative exercises. It will also contain short lectures, class exercises, videos, poetry, and group discussion. Participants will receive instructions to a wide variety of practices that can be practiced at home, and also taught to clients, students, and trainees.



Dr. Christopher Germer, Ph.D., C. Psych., is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School.

He is a co-developer of the *Mindful Self-Compassion (MSC)* program, and author of *The Mindful Path to Self-Compassion*, co-author of *Teaching the Mindful Self-Compassion Program* and *The Mindful Self-Compassion Workbook*. He is also co-editor of *Mindfulness and Psychotherapy*, and *Wisdom and Compassion in Psychotherapy*. Dr. Germer is a founding faculty member of the Institute for Meditation and Psychotherapy as well as the Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School. <https://chrisgermer.com>



Dr. Shari Geller, Ph.D., C. Psych., is an author, teacher, and clinical psychologist. She is the founder of the Therapeutic Rhythm and Mindfulness Program and is a trained teacher of Mindful Self-Compassion (MSC).

Her publications include: *A Practical Guide for Cultivating Therapeutic Presence and Therapeutic Presence: A Mindful Approach to Effective Therapy* co-authored with Leslie Greenberg. Dr. Geller serves on the teaching faculty in Health Psychology at York University and in the Applied Mindfulness Program at the University of Toronto. She is the co-director of the Centre for MindBody Health (CMBH), in Toronto, Canada. www.sharigeller.ca

TOP 4 REASONS TO ATTEND THIS WORKSHOP:

- Discover the research evidence for the benefits of presence, compassion, and self-compassion in psychotherapy and in life.
- Be able to practice presence and self-compassion techniques *during therapy and in life* to sustain emotional connection in challenging therapeutic interactions.
- Experience how self-compassion alleviates self-criticism and shame.
- Help clients and patients cultivate mindful presence and self-compassion skills.

Presence and Self-Compassion in Psychotherapy: A Foundational Approach for Therapists & Clients:
REGISTRATION FORM

MARCH 26 – 27, 2020 9am– 4.30pm
YWCA, 87 Elm Street Toronto, ON

This workshop is open to all healthcare professionals and educators, including students.
Meditation experience is not required to participate in this program.

Early Bird Special: \$495 plus HST until Feb. 27, 2020
Regular Fee: \$545 plus HST refreshments included
FOR STUDENT RATES: PLEASE CONTACT Camilla@sharigeller.ca

[CLICK HERE TO REGISTER](#)

OR: Mail completed registration form to: Dr. Shari Geller, 250 Eglinton Avenue W. Ste. 200, Toronto, ON M4R 1A7
with cheque payable to: Centre for MindBody Health

OR: Email completed form and e-transfer to: Camilla@sharigeller.ca Please use “presence” as the security answer.

Your registration will not be processed without payment. You will receive an email confirmation of your registration once your payment is processed.

CONTACT INFORMATION

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INQUIRIES: Camilla@sharigeller.ca

CANCELLATION POLICY

Refunds will be provided up to 14 days prior to this course upon receipt of email cancellation to Camilla@sharigeller.ca
Refunds will not be provided after Thursday, March 1, 2020.
All refunds are subject to a \$50 administrative fee.

PERSONAL INFORMATION

NAME: _____

OCCUPATION: _____

ADDRESS: _____

CITY: _____ PROV.: _____ COUNTRY: _____ POSTAL CODE: _____

PHONE: _____ EMAIL: _____

SIGNATURE: _____ DATE: _____