

# Mindful Self-Compassion:

## A Self-Compassionate Start to 2021



Taught by  
**Jennifer Ayres and Siri Chandler**

### **Course Details**

- Mindful Self-Compassion (MSC) is an empirically-supported, internationally recognized, structured well-being program that is based on the ground-breaking research of psychologist Kristin Neff and the clinical expertise of psychologist Christopher Germer.
- Research shows that MSC...
  - Reduces stress and anxiety
  - Enhances emotional well-being
  - Promotes resilience
  - Helps people clarify core values & develop resources to live in tune with them
  - Fosters healthy, positive relationships
- MSC is a comprehensive program that consists of up to 40 practices and key exercises, group discussion and reflection. No meditation experience is required.

### **Our Approach**

- Jennifer and Siri are experienced teachers who are known for their ability to connect with their participants and cultivate cohesive, enjoyable and supportive learning spaces. They bring their own personal and ongoing MSC experience and practice to their classes.
- Our MSC course explores mindfulness and self-compassion via self-reflective exercises, small and large group discussions, and activities in a safe and supportive environment.

**Course Schedule:** Nine, online sessions

Tuesdays, 12 January – 9 March, 2021

- 6pm – 8:30pm (USA, CST)
- 7am – 9:30am (Thailand, ICT -- Wednesdays, 13 Jan – 10 Mar)
- 11am – 1:30pm (Sydney, AEDT -- Wednesdays, 13 Jan – 10 Mar)

### **Price:**

- Regular Price: 350 USD
- Discounted Price for Teachers, Health Care Providers & Essential Workers: 300 USD
- Limited Scholarships: contact us for details
- Email [Jayresphd@gmail.com](mailto:Jayresphd@gmail.com) for registration information

***Remember that if your compassion does not include yourself, it is incomplete.  
~ Jack Kornfield***

## **Support Materials**

You receive:

- A comprehensive course handbook in PDF
- Links to online guided practices to support you during and after the course.
- Access to other MSC community resources.

## **Additional Information**

- The course is taught online using the [Zoom](#) online meeting platform, which is free to download.
- Sessions last 2.5 hours with structured breaks.
- Successful course completion is a qualifying component of MSC teacher training.
- The course should not be used as a substitute for psychotherapy, medication or other healthcare. If you have any queries in this regard, please discuss with your health professional before applying.

## **Class Preparation:**

- We recommend you give yourself 20 minutes a day to practice MSC on your own to supplement course content.
- Technology needs: A strong, reliable internet connection & access to a computer or tablet that is at least 10 inches. Phones or mini-tablets are not encouraged because they impede our ability to see each other during group discussions.
- Confidentiality and respect for privacy are important aspects of an MSC class. Please make sure that you are joining class from a private space.
- Various assignments will involve writing. Please bring a pen and notepad to each class.

***Self-compassion is simply giving the same kindness to ourselves that we give to others.  
~ Christopher Germer, Ph.D.***

## **About Jennifer Ayres**

Jennifer is a board-certified clinical psychologist with over 20 years of experience. She incorporates MSC into her clinical work, teaching, writing, parenting, and life-long learning. Her teaching and interventions are creative, practical, and skills-based. She is the author of a weekly blog entitled The Counselor's Corner (<https://rss-counselor.blogspot.com>). She lives in Austin, Texas with her 10-year-old sons and their two dogs.

## **About Siri Chandler**

Siri is a dual Thai-American national and an experienced Mindfulness educator. Her genuineness, kindness and personal experience of the benefits of MSC and MBSR (Mindfulness Based Stress Reduction) infuse her courses with a special personal touch. As an enthusiastic life-long learner, she devotes her time to continuously deepening her own practice which she has been cultivating over the past 25 years. She is especially drawn to bringing mindfulness into daily life in a practical way. To learn more about Siri's background, check out her website: <https://www.mindfulnessst.com/about>.

For additional details, contact Jennifer ([Jayresphd@gmail.com](mailto:Jayresphd@gmail.com)) or Siri ([siri@mindfulnessst.com](mailto:siri@mindfulnessst.com)).