



## Chris Germer

### The Power of Mindful Self-Compassion

Positive Psychology and Mindfulness Section  
Interamerican Open University

April 16th - 7.00pm -3 UTC

On Line Lecture



# Positive Psychology and Mindfulness Section

## Official Activity

### Lecture of Chris Germer

## The Power of Mindful Self-compassion

The Positive Psychology & Mindfulness Section organizes jointly with the Open Interamerican University and the Center Mindfulness and Compassion – Argentina, the lecture “The Power of Mindful Self-Compassion” that Christopher Germer will dictate.

The event will be broadcast by live streaming online (in English and Spanish)

**Date:** April 16

**Time:** 7.00pm UTC-3 – Argentine ([Click here to check your local time](#))

**Place:**

Auditorium of the Interamerican Open University (UAI)

Av. San Juan 951 – City of Buenos Aires – Argentine

## **Registration – online lecture by streaming live:**

No more seats available. The event will be broadcast live. Two hours before the start, the link to the Chris Germer lecture will be published on these social networks:

Twitter: **@CMCArentinaOK**

Facebook: **@cmcargentinaok**

Instagram: **@cmcargentinaok**

**To receive the link by whatsapp or email register here.**

## **The lecture**

On his first visit to Argentina, Christopher Germer, PhD. , will dictate a theoretical – practical conference on the theme of mindfulness and self – compassion.

This lecture is open to the general public. Healthcare professionals and mindfulness practitioners will learn key principles and practices that can be integrated into their personal and professional lives.

**The conference will be translated simultaneously.**

## **Christopher Germer**

Christopher Germer, PhD is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He is a co-developer (with Kristin Neff) of the **Mindful Self-Compassion (MSC)** program, author of **The Mindful Path to Self-Compassion** and co-author of **The Mindful Self-Compassion Workbook** and **Teaching the Mindful Self-Compassion Program**. He is also a 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**. He teaches

and leads workshops internationally on mindfulness and compassion, and has a private psychotherapy practice specializing in mindfulness and compassion-based psychotherapy. Website: <https://chrisgermer.com/>

## **Description**

Self-compassion is the art of caring for ourselves with the same kindness and understanding as we might care for a dear friend. Burgeoning research demonstrates that self-compassion is strongly associated with emotional wellbeing; reduced stress, anxiety and depression; maintenance of healthy habits such as diet and exercise; and satisfying personal relationships.

Fortunately, self-compassion can be learned by anyone.

Dr. Germer is a pioneer in the field of self-compassion and co-developer of the Mindful Self-Compassion (MSC) training program that has been taught to over 60,000 people. He will provide an overview of the theory and research on self-compassion and why self-compassion matters – why it is suddenly so popular throughout the world. He will also offer guidelines and simple skills for bringing self-compassion into our daily lives.

## **Topics**

- Definition of Self-compassion
- Threat System / Care System
- Two Approaches to Self-Compassion
- Misgivings about self-compassion
- Myths and mistakes about Self-compassion.
- Mindfulness and Self-compassion
- Research on Self-compassion
- Well-Being
- Self-compassion for caregivers.
- Early influences on Self-Compassion
- Neurobiological mechanisms of action.

- Can Self-Compassion be taught?
- Self-compassion Break.
- Mindfulness Training
- Self-Compassion Training
- Want to be more self-compassionate?
- Stages of progress
- Central Paradox of Self-Compassion
- Resources

**CERTIFICATES OF ASSISTANCE WILL BE GIVEN BY THE WFMH (WORLD FEDERATION FOR MENTAL HEALTH), THE UAI (INTERAMERICAN OPEN UNIVERSITY) AND THE CMC – ARGENTINA (CENTER OF MINDFULNESS & COMPASSION – ARGENTINA).**

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