



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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