

## **Self-Compassion: A Powerful Practice to Build Resilience and Perseverance**

Self-compassion is a caring and kind attitude towards oneself when facing adversity, including stressful events and personal setbacks or failures. Research shows that self-compassion is associated with greater well-being, reduced stress, better coping, and greater motivation towards self-improvement. This course will focus on how self-compassion impacts resilience and perseverance: helping individuals bounce back from adversity and motivate themselves to stay focused on their goals. We will discuss studies demonstrating how self-compassion can be strengthened, and we will explore self-compassion exercises to integrate into your practice.

### **Learning Objectives:**

- Summarize the core components and benefits of self-compassion
- Discuss ways self-compassion impacts resilience and perseverance
- Practice 7 self-compassion techniques to integrate into your clinical work

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**Cost:** \$28

**Course Length:** This is a 2 hour pre-recorded course.

**Course Access:** You will have instant access to the course after you register and pay. You may access the course for up to one year from the date of purchase.

**About the Instructor:** Karrie Lager, Psy.D. is a California Licensed Psychologist (PSY20588) and the founder of the group practice Healthy Focus Psychological Center, Inc. Dr. Karrie is recognized by UC Davis as a PC-CARE provider and trainer and a PCIT therapist and trainer of trainers. In addition to parent-child coaching, Dr. Karrie provides individual and family therapy incorporating CBT, mindfulness, and trauma-informed practices. As a way to make a larger impact, Dr. Karrie provides consultation and training for therapists to grow a thriving private practice so that they may best serve the community.

# Self-Compassion:

## A Powerful Practice to Build Resilience and Perseverance

### Course Outline

- Key components to self-compassion
- The benefits of self-compassion based on the science:
  - Resilience in the face of stress, adaptive coping, and well-being
  - Perseverance towards one's goals and motivation for self-improvement
- Tips and tools for psycho-education about self-compassion
- Self-compassion techniques used in research and clinical practice

**Intended Audience:** Psychologists and mental health professionals at the introductory level.

**Attendance Policy/CE Certificates:** To receive a CE certificate, participants must attend the program in its entirety and complete a quiz with at least 75% accuracy. Participants may retake the quiz if needed, and must score at least 75% accuracy by the third attempt to receive a CE certificate. After meeting these course completion requirements, students will receive their CE certificate of completion. Please note that you may access the course and quiz for up to one year from the date of purchase.

**Refund Policy:** There are no refunds.

**Accommodations Policies:** Please contact us via email. We will process your request within 14 days.

Please note there is no commercial support or conflicts of interest for this program.