

SELF-COMPASSION DEFINED & EXPERIENCED

Part Two of a Three Part Series

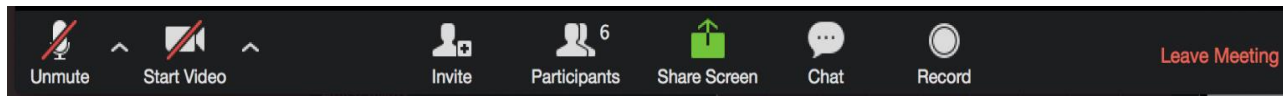
Nadia K Maynard, Senior Field Analyst

March, 2021

WELCOME TO ZOOM

Control your microphone

Control your video



Click Participants and Chat

The image shows the Zoom 'Participants' window. At the top, it says 'Participants (2)'. Below that, there are two entries: 'Ako Ndefo-Haven (me)' with an 'Unmute' button and a 'More' dropdown menu, and 'Nkem (she/her) Los Angeles (Host)' with a green up arrow icon. The 'More' menu is open, showing 'Rename' and 'Add Profile Picture' options. At the bottom of the window, there are icons for 'raise hand', 'yes', 'no', 'go slower', 'go faster', and 'more'. Below these icons is an 'Unmute Me' button.

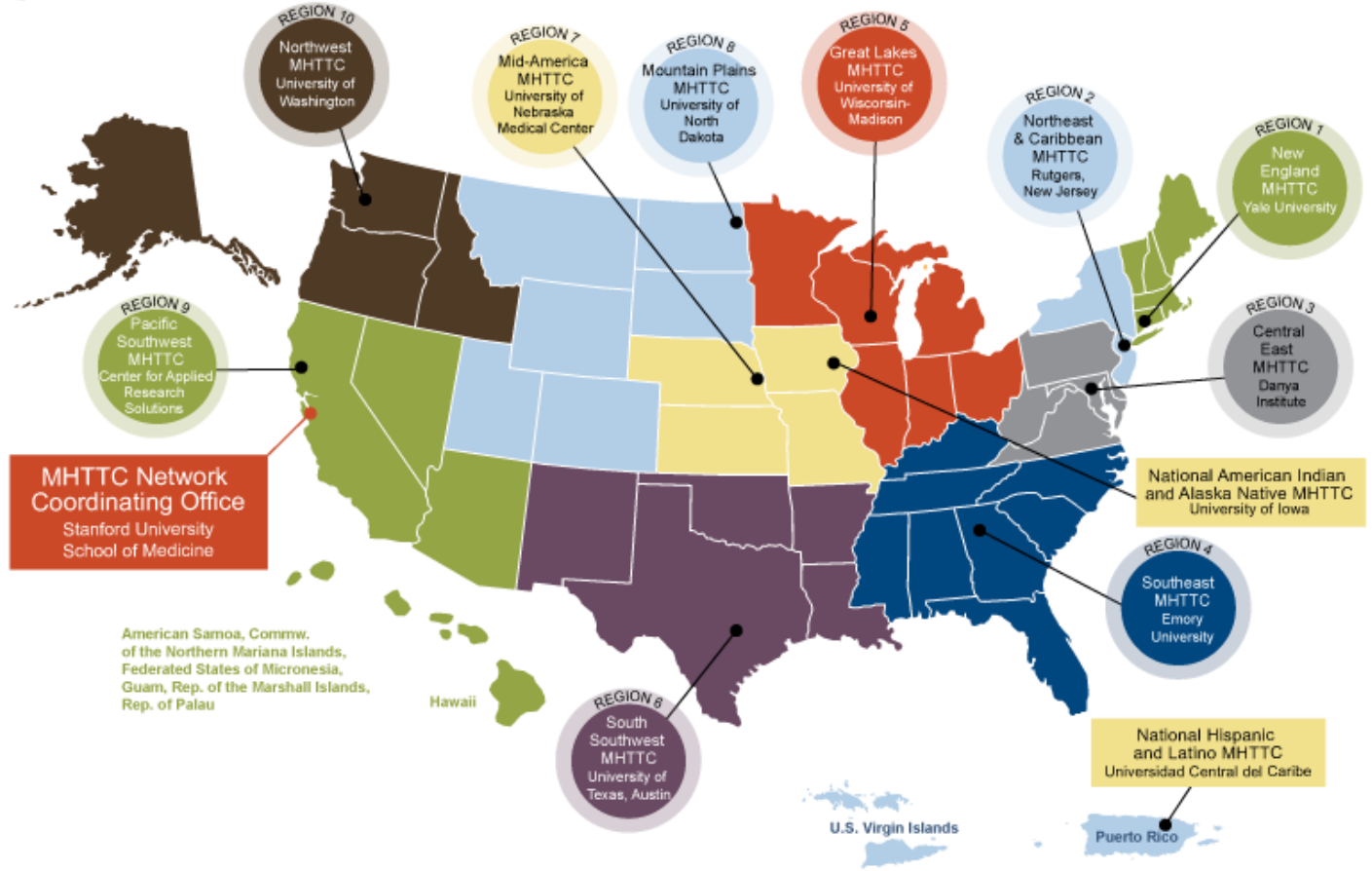
- Click "More"
- Click "Rename"
- Add your name, role & pronoun (e.g. Nadia, she/hers, facilitator)

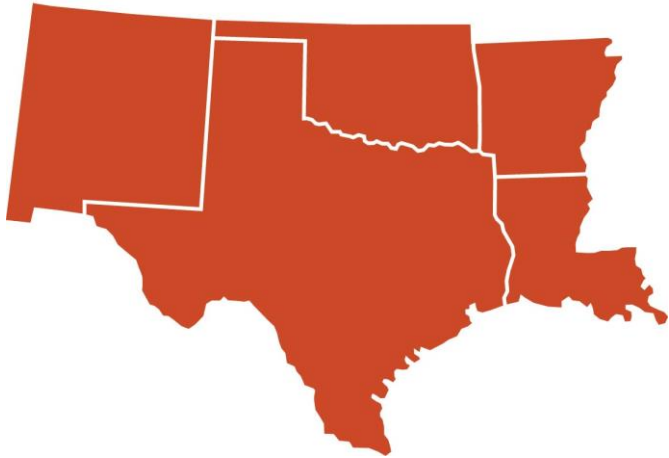


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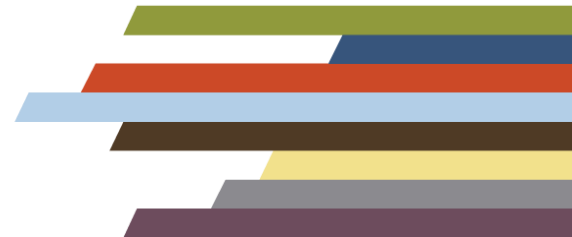


SOUTH SOUTHWEST MENTAL HEALTH TECHNOLOGY TRANSFER CENTER

(SOUTH SOUTHWEST MHTTC)



The University of Texas at Austin
**Texas Institute for Excellence
in Mental Health**
School of Social Work





Ari Acosta
BH Equity Specialist



Holly Gurslin
Child & School T/TA



Jennifer Baran-Pral
Program Administrator



Natalie Fikac
School T/TA



Christine Vo
Communications



Nadia Kalinchuk Maynard
Trauma-Informed Specialist



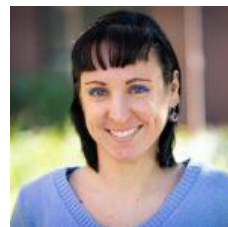
Molly Lopez
Co-Director



Stacey Stevens Manser
Co-Director



Brianna Rodriguez
Communications



Zatara Lumen
Coordinator



Glenn Dembowski
Coordinator



Brytani Cavil
Youth Engagement Specialist

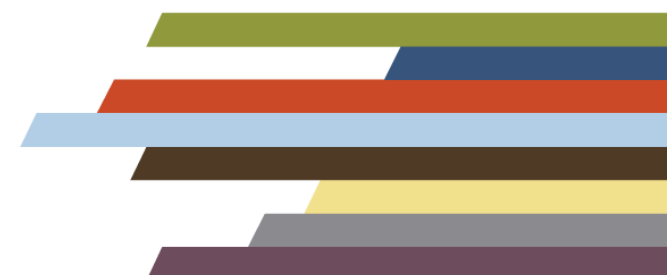


South Southwest (HHS Region 6)

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The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

featuring



Dr. Karen Bluth (Ph.D.)

Department of Psychiatry,
UNC-Chapel Hill and Research
Fellow at Frank Porter Graham
Child Development Institute

Dr. Karen Bluth is faculty in the Department of Psychiatry, and a research fellow at Frank Porter Graham Child Development Institute, where she is founder and director of the Frank Porter Graham Mindfulness and Self-Compassion Program for Families. She is a certified instructor of Mindful Self-Compassion, an internationally acclaimed 8-week course created by Dr. Kristin Neff and Dr. Chris Germer, and one of the developers of Self-Compassion for Educators, a self-compassion program offered through Mindful Schools. Dr. Bluth is also co-creator of the curriculum Making Friends with Yourself: A Mindful Self-Compassion Program for Teens, the teen adaptation of Mindful Self-Compassion for adults, and “Embracing Your Life” the adaptation for young adults.

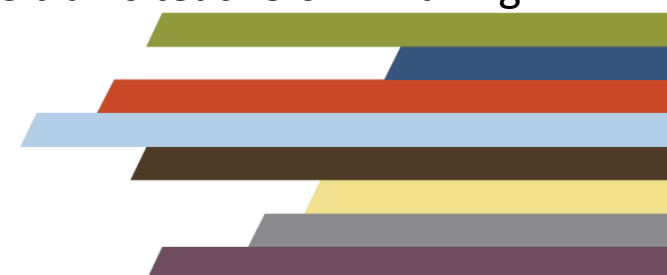
As a mindfulness practitioner for over 40 years, a mindfulness teacher, and an educator with 18 years of classroom teaching experience, Dr. Bluth frequently gives talks, conducts workshops, and teaches classes in self-compassion and mindfulness in educational and community settings. In addition, she trains teachers in Making Friends with Yourself internationally.



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THE UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

Self-Compassion: Defined and Explained

Karen Bluth, PhD

March 19, 2021



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What is Self-Compassion?



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How Would I Treat a Friend?

- Think about a time when you've had a **close friend** who was struggling in some way –felt inadequate, failed, felt unworthy ...
 - What did you say to them?
 - What tone did you use?
 - What was your posture and non-verbal gestures?

How Would I Treat Myself?

- Think about a time when **YOU** were struggling in some way ... you felt inadequate, failed, felt unworthy ...
 - What did you say to yourself?
 - What tone did you use?
 - What was your posture and non-verbal gestures?



Self-Compassion – In challenging times, treating yourself as you would treat a good friend.
(Neff, 2003)





Formal definition

- Mindfulness vs. catastrophizing
- Common humanity vs. isolation
- Self-kindness vs. self-judgement



Supportive Touch

Self-Compassion Break

- This is a moment of struggle (mindfulness)
- Struggle is part of life (common humanity)
- May I be kind to myself (self-kindness)



Advancing knowledge to
transform children's lives



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EVALUATION

Link to evaluation: <https://ttc-gpra.org/P?s=551793>

Join us again, follow us on social media!

****Completed evaluation required from all participants to continue providing these FREE events!***

Email: nadia.kalinchuk@austin.utexas.edu

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