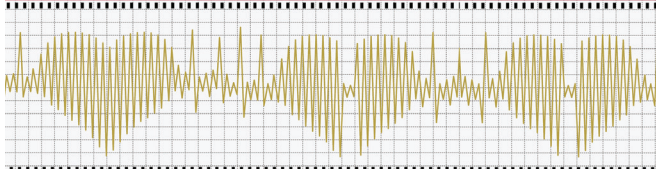


KRISTIN NEFF, PHD + SHAUNA SHAPIRO, PHD

The Science of Mindfulness and Self-Compassion



How to Build New Habits
to Transform Your Life

Session One: Elements of Mindfulness

1. Introduction to Session One
2. Inviting an intention
3. Intention: the first element of mindfulness
4. Attention: the second element of mindfulness
5. Guided Meditation: Kind Attention
6. What you practice grows stronger
7. The influence of mindfulness on the brain
8. Guided Practice: Focusing the Attention

Session Two: Kind Attention

9. Introduction to Session Two
10. Essential themes of mindfulness practice
11. Suspending judgment, transforming shame
12. Cultivating pathways of kind attention
13. Guided Practice: Hand on Heart
14. Understanding backdraft
15. Guided Practice: Affectionate Breathing
16. Reflecting on being the breath

Session Three: Distinguishing Between Self-Esteem and Self-Compassion

17. Introduction to Session Three
18. Grounding meditation
19. Contemplating self-compassion
20. Noticing the differences between pity, compassion for self, and for others
21. Neff's three-component model of self-compassion
22. Gestures of self-compassion
23. Tapping into the body's response system
24. Exploring links between self-esteem and self-compassion
25. Seeing self-compassion as a strength

Session Four: Integrating Your Self-Compassion Practice

26. Introduction to Session Four
27. Self-compassion, mindfulness, and meditation
28. Guided Practice: Soothing Touch and the Self-Compassion Break

29. Reflections on the self-compassion practice
30. Movement, pendulation, and bringing comfort to the body
31. Guided Meditation: Focusing on Kindness
32. Recognizing interconnectedness and compassion for our parts
33. Integrating yang aspects of self-compassion
34. The role of self-compassion in treating trauma
35. Guided Practice: Receiving the Teachings

Session Five: Mindfulness and Self-Compassion

36. Introduction to Session Five
37. Centering meditation
38. Examining differences and similarities between mindfulness and self-compassion
39. Four aspects of mindfulness
40. Dancing the "tango of mindfulness"
41. Practices for working with difficult emotions
42. Guided Practice: Soften, Soothe, and Allow
43. Exploring the vulnerabilities of practice

Session Six: Including the Self in Compassion Practice

44. Introduction to Session Six
45. Shifting concepts of self
46. Guided Practice: Becoming Aware of the Self
47. Widening the circle of compassion
48. Writing practice for shifting perspective
49. Integrating the practice
50. Self-compassion for caregivers
51. Resting in the love that holds the pain
52. Guided Meditation: Self-Compassion for Caregivers

Session Seven: Lovingkindness, Gratitude, and Joy

53. Introduction to Session Seven
54. Guided Practice: What Brings You Joy?
55. Reflecting on joy
56. Discussing personal and cultural implications of meditation
57. Modeling a mindful practice for others
58. Bringing self-compassion to schools
59. Guided Meditation: Lovingkindness and Gratitude