

Cohort 3 Program Outline & Learning Objectives

The live, virtual activities of the 32-session SCIP Program take place on Wednesdays between 8 AM - 12 PM PT except retreats and small group* as noted. All times are listed in Pacific Time (PT). Additionally, participants benefit from 2 - 4 hours per week for asynchronous self-study.

*Schedule current as of October 2022 and subject to change. *Participants may choose to opt in to a small group that meets outside of the 10AM - 12 PM time frame as space allows. Small group selection will occur before the Winter Break in December.*

Opening Weekend

10/15/2022 (Saturday) 7 AM - 12 PM PT
Home Retreat

10/16/2022 (Sunday) 7 AM - 12 PM PT
Grounding In Justice

Introduction

Session 1: 10/19/2022 8 AM - 11:30 AM PT

Chris Germer, Jorge Armesto, CMSC Associate Executive Director Aly Waibel, CMSC Program Manager Rachel Tayse

Foundations: Therapeutic Presence - Dr. Shari Geller & Galia Tyano Ronen

Learning Objectives: 1) Describe an empirically validated model of therapeutic presence along with core practices to cultivate presence. 2) Explain the neurophysiological benefits of therapeutic presence. 3) Demonstrate therapeutic presence practices for both in session and in life. 4) Apply skills for attuning at the moment with clients. 5) Discuss how self-compassion helps to both strengthen and work with the barriers to therapeutic presence.

Session 2: 10/26/2022 8 AM - 11:30 AM PT
Practice, Presentation, Q&A

Session 3: 11/2/2022 8 AM - 11:30 AM PT
Practice, Presentation, Teachback

Foundations: Therapeutic Alliance - Sydney Spears & Susan Pollak

Learning Objectives: 1) Describe and articulate their perceptions of their own identities. 2) Analyze identity through the example of various identities. 3) Identify the general factors of successful therapy and components of the therapeutic alliance and distinguish these from the therapeutic relationship. 4) Discuss how self-compassion helps build trust, safety, and insight in the therapeutic relationship. 5) Discuss the key components of developing a culturally responsive therapeutic alliance with diverse and underserved clients. 6) Assess methods of therapeutic cultural self-awareness when relationship-building with culturally diverse and underserved clients. 7)

Analyze practicing self-compassion in relation to therapeutic alliance-building strategies to foster a responsive and equity-sensitive engagement with culturally diverse and underserved clients.

Session 4: 11/9/2022 8 AM – 11:30 AM PT
Practice, Presentation, Q&A

Session 5: 11/16/2022 8 AM – 11:30 AM PT
Practice, Presentation, Teachback

Foundations: Therapeutic Interventions – Ben Weinstein & Marta Alonso

Learning Objectives: 1) Describe how to integrate mindful self-compassion as a transtheoretical, transdiagnostic set of therapeutic tools. 2) Explain how to use MSC inquiry and resourcing as a general therapeutic approach. 3) List 6 entry points for MSC interventions in-session. 4) Assess the suitability of Yin (soothing, regulating) or Yang (directing behavior toward valued ends) interventions. 5) Plan and create guided meditations, MSC practices, and outside session homework adapted to individual client goals and contexts. 6) List 4 kinds of obstacles that can arise to MSC interventions and explain how to respond to each one.

Session 6: 11/23/2022 8 AM – 11:30 AM PT
Practice, Presentation, Q&A

Session 7: 11/30/2022 8 AM – 11:30 AM PT
Practice, Presentation, Teachback

Winter Break: 12/1/2022 – 1/3/2023

Module 1: Science of Self-Compassion – Kristin Neff

Learning Objectives: 1) List the three core components of self-compassion. 2) Explain the difference between fierce and tender self-compassion. 3) Discuss the research literature on self-compassion and well-being. 4) Describe research on self-compassion in clinical contexts.

Session 8: 1/4/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 9: 1/11/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 2: Shame – Chris Germer

Learning Objectives: 1) Explain the theory and research on shame in psychotherapy. 2) Describe the linkage between attachment and shame. 3) Explain the relationship between shame and the wish to be loved. 4) Apply the three components of self-compassion to shame in psychotherapy. 5) Discuss how to work safely and effectively with fears of compassion and backdraft in therapy.

Session 10: 1/18/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 11: 1/25/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 3: Anxiety – Marta Alonso

Learning Objectives: 1) Explain the approach from the perspective of Self-Compassion of the processes underlying anxiety disorders. 2) Review the research findings that support the use of Self-Compassion in anxiety disorders. 3) Explain the way in which Self-Compassion works with the emotions called "negative" or unpleasant that are common to anxiety disorders. 4) Demonstrate how to select, create, and adapt simple in-session exercises and practices for clients with anxiety.

Session 12: 2/1/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 13: 2/8/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 4: Trauma – David Treleaven

Learning Objectives: 1) Explain why meditation practices may be experienced as challenging, distressing, or impairing for people with a history of trauma, and integrate current empirical research. 2) Describe five core principles of trauma-sensitive mindfulness, and integrate contemporary research regarding the self-regulatory benefits of meditation practice with the physiological mechanisms of post-traumatic stress. 3) Identify, in detail, different signs of dysregulated arousal and strategies to avoid retraumatization in mindfulness practice.

Session 14: 2/15/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 15: 2/22/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 5: Couples – Michelle Becker

Learning Objectives: 1) Name the three common behaviors in each of the affect regulation systems. 2) Apply the STOP & LOVE practice in compassionate communication. 3) Identify barriers and building blocks to compassion in relationships.

Session 16: 3/1/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 17: 3/8/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 6: Borderline PD – Christian Stiglmayr

Learning Objectives: 1) Analyze how to teach self-compassion to and practice it with clients experiencing an emotional dysregulation disorder. 2) Explain how using a compassionate approach to BPD clients is enhancing so the client can develop a self-compassionate approach to their own suffering. 3) Discuss a profound and empathetic understanding of the client's problems as a necessary basis for authentic validation and, consequently compassion/self-compassion. 4) Identify exercises and meditations he can teach to and practice with the client.

Session 18: 3/15/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 19: 3/22/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 7: Addictions – Zev Shumann-Olivier

Learning Objectives: 1) Describe the role of self-compassion as a self-regulation mechanism involved in behavior change. 2) Apply this model to addiction treatment and recovery and be able to utilize it appropriately in clinical practice. 3) Assess the level of current scientific evidence supporting self-compassion in clinical practice and behavior change.

Session 20: 3/29/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 21: 4/5/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 8: Eating Disorders – Ann Saffi-Biasseti

Learning Objectives: 1) Describe the process of self-compassion in eating disorder recovery. 2) Identify the blocks to self-compassion unique to this population. 3) Apply specific self-compassionate language to work with these blocks. 4) Discuss at least two embodied interventions to work with resistance.

Session 22: 4/12/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 23: 4/19/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 9: Depression – Paul Gilbert

Learning Objectives: 1) Describe how to teach self-compassion to and practice it with clients experiencing emotion dysregulation disorder. 2) Discuss why self-compassion is a necessary tool for effective psychotherapy with these clients. 3) Demonstrate how activating the caring giving system, by utilizing a profound and empathic understanding of the client's suffering, is enhancing validation, and consequently compassion/self-compassion. 4) Identify the exercises and meditations he can teach to and practice with the client.

Session 24: 4/26/2023 8 AM – 11 AM PT
Practice, Presentation, Discussion

Session 25: 5/3/2023 8 AM – 12 PM PT
Practice, Dialogue, Small Group*

Module 10: Internal Family Systems – Richard Schwartz

Learning Objectives: 1) Review the history and development of the Internal Family Systems model of therapy. 2) Explore and discuss the basic assumptions of IFS in regard to non-pathological multiplicity of mind and the concept of "SELF". 3) Review and have a general knowledge of the 3 categories of sub-personalities that are most often present in therapy: Manager parts, Firefighter parts, Exiled parts. 4) Discuss and identify the qualities of SELF: curiosity, compassion, confidence, courage, clarity, creativity, connectedness, calmness. 5) Learn how to help clients notice their inner critics and develop a Curious and Compassionate relationship with those parts.

Session 26: 5/10/2023 8 AM - 11 AM PT
Practice, Presentation, Discussion

Session 27: 5/17/2023 8 AM - 12 PM PT
Practice, Dialogue, Small Group*

Module 11: Teens - Lorraine Hobbs & Lisa Shetler

Learning Objectives: 1) Explain the three components of self-compassion as they apply to teens. 2) Define resistance in the context of self-compassion with teens and explain why teens may resist self-compassion? 3) Describe how self-compassion can support teens and parents in developing self-regulation and building resilience. 4) Identify and address backdraft and the need to titrate self-compassion with teens.

Session 28: 5/24/2023 8 AM - 11 AM PT
Practice, Presentation, Discussion

Session 29: 5/31/2023 8 AM - 12 PM PT
Practice, Dialogue, Small Group*

Module 12: Racial & Social Justice - Rhonda V. Magee

Learning Objectives: coming soon

Session 30: 6/7/2023 8 AM - 11 AM PT
Practice, Presentation, Discussion

Session 31: 6/14/2023 8 AM - 12 PM PT
Practice, Dialogue, Small Group*

Conclusion

Session 32: 6/21/2023 8 AM - 11 AM PT
Practice, Celebration

Closing Weekend (details subject to change)

6/24/2023 (Saturday) 7 AM - 12 PM PT
Home Retreat & Reflection

6/25/2023 (Sunday) 7 AM - 12 PM PT
Home Retreat & Reflection