

# GRAND ROUNDS

**Thursday, February 11, 2021**

**Location: Zoom- Meeting ID: 951 9168 2680; Passcode: 641090**

<https://stonybrook.zoom.us/j/95191682680?pwd=bGFRXBWQXJnbllQUiYwMG5zNHFvUT09>

**4:30pm- 6:00pm**

## **Self-compassion: Helping ourselves to help others**

***Kristin Neff, PhD***

Self-compassion involves treating ourselves kindly, like we would a close friend we cared about. Rather than making global evaluations of ourselves as “good” or “bad,” self-compassion involves generating kindness toward ourselves as imperfect humans, and learning to be present with the inevitable struggles of life with greater ease. It motivates us to make needed changes in our lives not because we’re worthless or inadequate, but because we care about ourselves and want to lessen our suffering. This talk will present theory and research on self-compassion, which a burgeoning empirical literature has shown to be powerfully associated with psychological wellbeing. Research on self-compassion as a way to prevent burnout among mental health professionals will be presented, and the difference between compassion fatigue and empathy fatigue will be discussed. Finally, it will be argued that self-compassion has great potential for enhancing population mental health.

1. Describe the three core elements of self-compassion
2. Describe research demonstrating the link between self-compassion and wellbeing.
3. Understand how self-compassion can be used effectively in caregiving settings to avoid caregiver burn-out.

Questions? Please e-mail

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*Kristin Neff is currently an Associate Professor of Educational Psychology at the University of Texas at Austin. She is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over fifteen years ago. In addition to writing numerous academic articles and book chapters on the topic, she is author of the book "Self-Compassion: The Proven Power of Being Kind to Yourself," released by William Morrow. In conjunction with her colleague Dr. Chris Germer, she has developed an empirically supported training program called Mindful Self-Compassion, which is taught by thousands of teachers worldwide. The Mindful Self-Compassion Workbook is now available by Guilford, as well as Teaching the Mindful Self-Compassion Program: A Guide for Professionals. For more information on self-compassion, including a self-compassion test, research articles, practices, and Dr. Neff's teaching schedule, go to [www.self-compassion.org](http://www.self-compassion.org).*



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