

Coping Clinic:

A Short-Term Intervention to

Help College Students Learn Self-Compassion Skills

Presented by

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Overview of Presentation

- *Origin of Coping Clinic*
- *What is Self-Compassion?*
- *Break*
- *Overview of Coping Clinic*

Got Stress? Get Still.



M&M Hour

Meditation and Mindfulness Clinic
Tuesdays and Wednesdays at 4:00

Counseling Services – SLC 2nd Floor – 710-2467
No Appointment Needed – Walk-Ins Welcome!

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Mindfulness Group

Tuesdays

2:00 PM – 3:30 PM

**Call 710-2467
for more information**



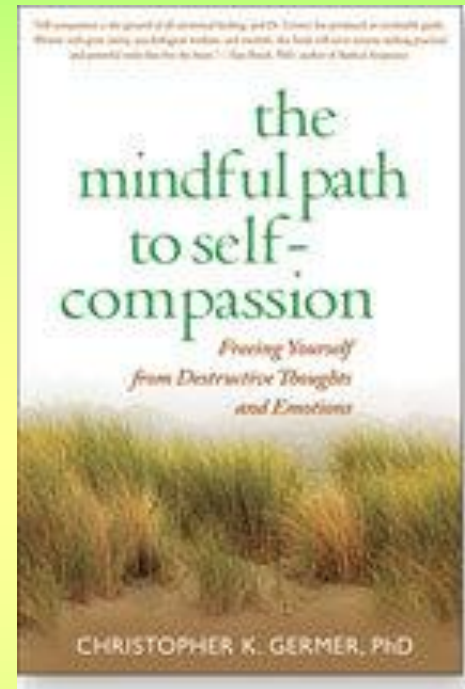
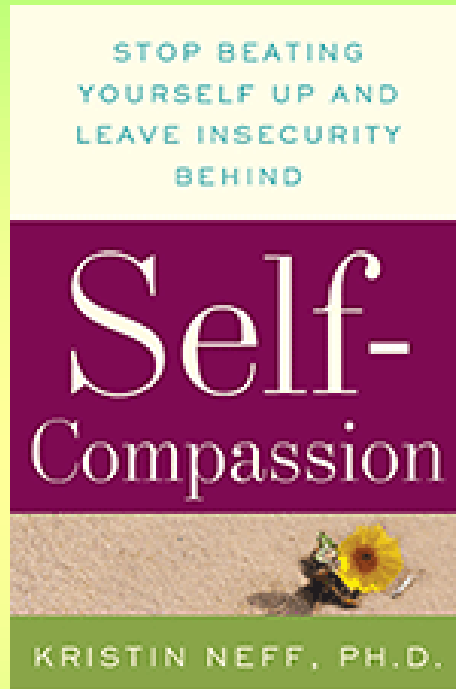
Coping Clinic

Wednesdays

2:30 PM – 3:30 PM

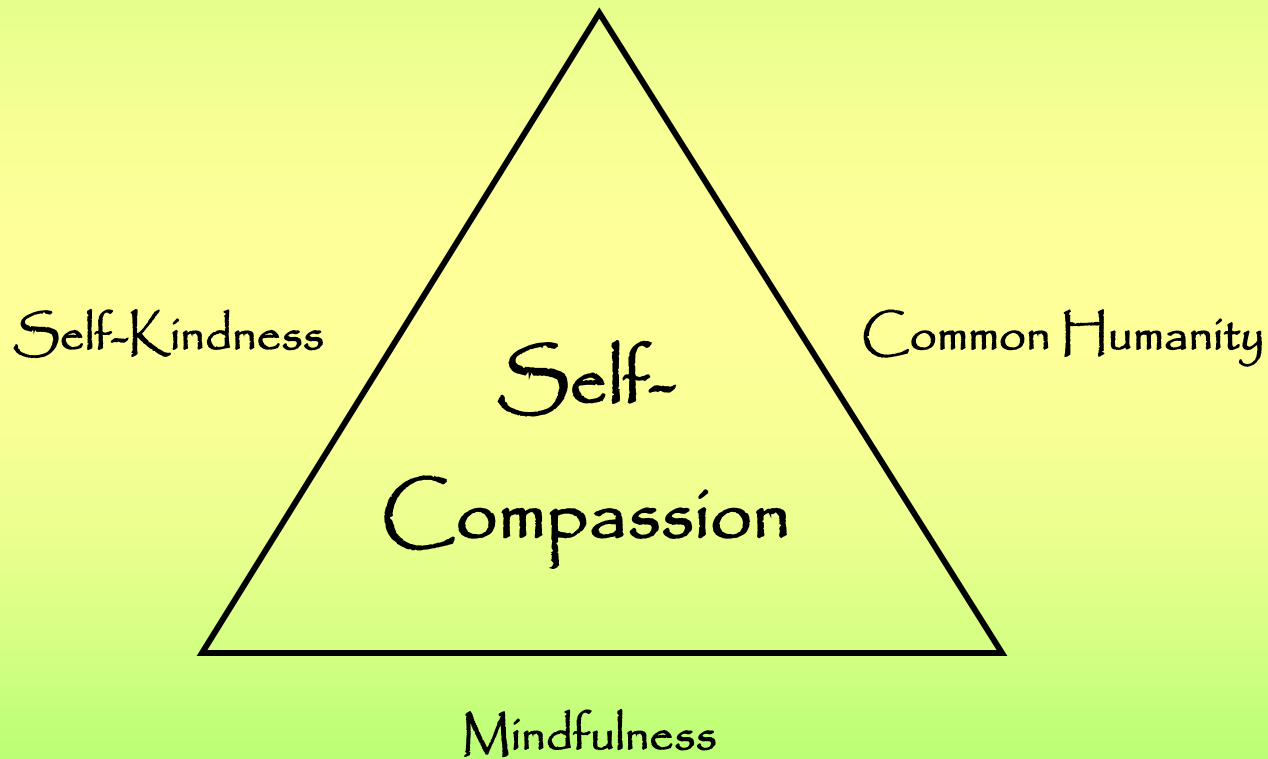
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www.mindfulselfcompassion.org
www.self-compassion.org

Three Sides of Self-Compassion



Self Kindness

Reacting with caring and understanding instead of being critical or judgmental

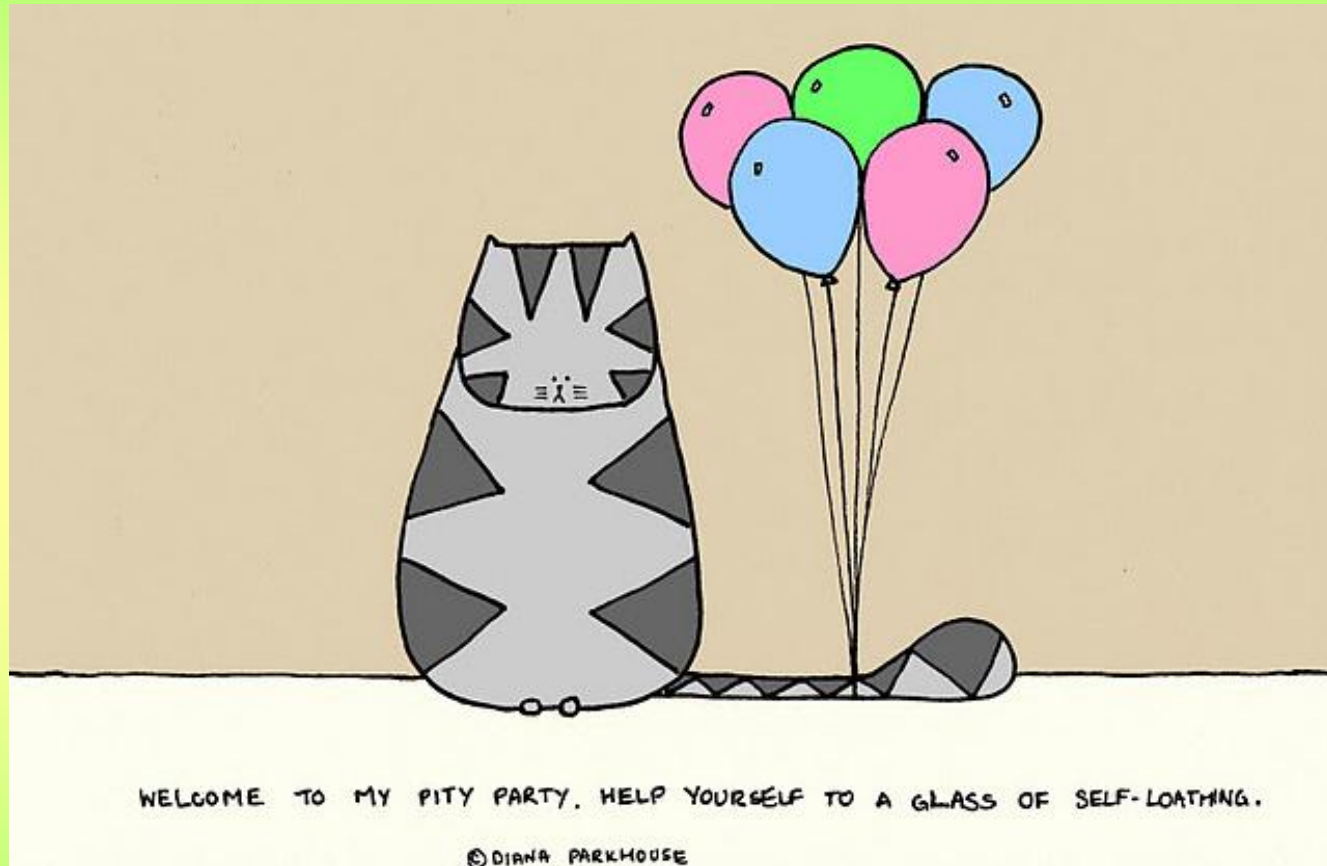
Common Humanity

All human beings are flawed and imperfect; we all struggle with the same feelings

Mindfulness

Be fully present and experience the moment with clarity and balance, instead of being swept away by the feelings or ignoring the feelings

It's Not Self-Pity



Self-Compassion is not egocentric
Self-Compassion guards against over-identification

It's Not Self-Indulgence



“We give ourselves kindness and understanding, not to feel better, but because we’re in pain.”

Christopher Germer

It's Not Making Excuses



Self-compassion gives you safety to see yourself clearly and take responsibility for your mistakes.

It's Not Self-Esteem

Self-Esteem...

- ✓ Is egocentric (Cushman, 1990)
- ✓ Fosters narcissism and feelings superiority (Seligman, 1995)
- ✓ Inflates and creates unrealistic views of one's self (Seligman, 1995)
- ✓ Is associated with prejudice (Aberson, Healy, & Romero, 2000)
- ✓ Is associated with bullying (Salmivalli, Kauiainen, Kaistaniemi, & Lagerspetz, 1999)

Why Care about Self-Compassion?

- ✓ Self-compassionate individuals engage in less rumination, have greater feelings of social connectedness, and higher levels of life satisfaction (Neff et al., 2007)
- ✓ Self-compassionate people have greater happiness, optimism, wisdom, curiosity and exploration, and personal initiative (Seligman & Csikszentmihalyi, 2000)
- ✓ Self-compassion is a robust negative predictor of anxiety and depression, even after controlling for self-criticism (Neff, 2003)

Why Care about Self-Compassion?

- ✓ Self-compassion is a negative predictor of anxiety, even when controlling for negative affect (Neff et al., 2007)
- ✓ Self-compassion is negatively related to neurotic perfectionism and narcissism (Neff, 2003)
- ✓ Self-compassionate people are less likely to compare themselves to others (Neff & Vonk, 2009)

Why Care about Self-Compassion?

- ✓ Self-compassionate people are less likely to get angry at others for perceived offenses (Neff & Vonk, 2009)
- ✓ Self-compassionate people displayed less need for cognitive closure than people with high self-esteem (Neff & Vonk, 2009)
- ✓ Self-compassion has no association with narcissism... while self-esteem does (Neff & Vonk, 2009)

Self-Compassion as an Intervention

- Gilbert and Procter (2006) used Compassionate Mind Training (CMT) in a group therapy setting in an out-patient hospital setting in the United Kingdom
- CMT uses techniques such as compassionate imagery, compassionate letter writing, and third-chair practice
- Patients had significant reductions in depression, anxiety, self-criticism, shame, inferiority, and submissive behavior
- Patients had a significant increase in the ability to self-soothe via self-compassion

Self-Compassion as an Intervention

- Kelly, Zuroff, and Shapira (2009) used CMT with individuals with skin problems who were self-critical and suffered from depressive symptoms
- After treatment, participants had a reduction in depressive symptomatology
- Was especially effective for individuals who were very self-critical

Self-Compassion as an Intervention

- Adams and Leary (2007) used self-compassion to address guilt and shame in college women with restrictive and/or guilty eating
- used general self-compassion exercises, such as using a self-compassionate mantra
- Found that participants who received the self-compassion condition had reduced self-criticism associated with eating
- was especially true of participants who had higher scores regarding restrictive eating.

10 minute Break

"The curious paradox is that when I accept myself just as I am, then I can change."

(Carl Rogers)

Session #1: Introduction

- Mindful Check-In
- Discussion: Norms and Goals
- Activity: How Self-Compassionate Are You?
- Teaching: What is Self-Compassion
- Home Practice: Self-Compassion Journal

Experiential Activity

Scoring the Self-Compassion Scale

Subscale scores = Mean of subscale item responses

Total self-compassion score = Total mean after reverse scoring the self-judgment, isolation, and over-identification subscales (e.g., 1=5, 2=4)

Interpreting Total Self-Compassion Scores

Low Self-Compassion = 1-2.5

Moderate Self-Compassion = 2.5-3.5

High Self-Compassion = 3.5-5

Scoring the Self-Compassion Scale

Self-Kindness Items: 5, 12, 19, 23, 26

Self-judgment* Items: 1, 8, 11, 16, 21

Common Humanity Items: 3, 7, 10, 15

Isolation* Items: 4, 13, 18, 25

Mindfulness Items: 9, 14, 17, 22

Over-identified* Items: 2, 6, 20, 24

*Remember to reverse score if calculating total Self-Compassion score

Session #2: Mindfulness

- Mindful Check-In
- Discussion: Self-Compassion Journal
- Teaching: What is Mindfulness?
- Activity: Mindfulness Meditation
- Home Practice: How Do You Care For Yourself?

Experiential Activity

Session #3: Self-Kindness

- Mindful Check-In
- Discussion: How Do You Care For Yourself?
- Teaching: You and Your Inner Critic
- Activity: Self-Compassion Meditation
- Home Practice: Take a Self-Compassion Break

Experiential Activity

Session #4: Moving Forward

- Mindful Check-In
- Discussion: Take a Self-Compassion Break
- Teaching: Appreciating Your Life and Yourself
- Activity: A Letter to Yourself
- Home Practice: Practice, Practice, Practice!

Experiential Activity



Questions?

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