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## Awake Mind Newsletter Mindfulness & Psychotherapy Winter 2013-14



Dear Julie,

I'm excited to share with you my new advanced EMDR training -- **Earning Secure Attachment: EMDR, Mindfulness & Self-Compassion**. This newsletter highlights key self-compassion research as well as some additional resources I discovered while developing the workshop.

Many of you attended the Mindfulness, Meditation & EMDR workshop I taught from 2009-2013. This new workshop builds on that material and expands into working with attachment trauma clients who have a lot of shame and self-judgment. Participants will learn practical strategies to help clients develop mindfulness and self-compassion and "earn" secure attachment patterns.

The latest issue of the [EMDR Journal of Practice and Research](#) (Vol. 7, No. 4, 2013), includes a case study highlighting the use of Compassionate Mind Training as a resource with EMDR. That article gives you a glimpse into using this approach.

I hope to see you at one of the workshops in 2014.

Have a joyful winter holiday season!

Julie

### Earning Secure Attachment: EMDR, Mindfulness & Self-Compassion

Advanced EMDR Workshop: 12 EMDRIA CEUs  
with Julie Greene, LPC

#### Missoula, Montana

May 2 - 3, 2014 (Friday & Saturday)

#### Boulder, Colorado

June 6 - 7, 2014 (Friday & Saturday)

**Regular Fee: \$350. Early Bird: \$300.**

*(Limited to 24 participants so register early)*

[Link to more info](#)



### Selected Research on Self-Compassion

Neff, K.D. (2003). **The development and validation of a scale to measure self-compassion.** *Self and Identity*, 2, 223-250.

The article defines self-compassion and describes the development of the Self-Compassion Scale. Self-compassion entails being kind to oneself rather than harsh; experiencing oneself as part of common humanity; and mindful awareness of painful thoughts and feelings rather than over-identification. Results indicate self-compassion is significantly correlated with positive mental health.

[Link to free article](#)

Gilbert, P., & Proctor, S. (2006). **Compassionate Mind Training for people with high shame and self-criticism: Overview and pilot study of a group therapy approach.** *Clinical Psychology and Psychotherapy*, 13, 353-379.

The article outlines the Compassionate Mind Training approach, and its application with six patients in a group setting. Results showed significant reductions in depression, anxiety, self-criticism & shame. Also significant increase in patient's ability to be self-soothing and self-reassuring.

[Link to free article](#)

Neff, K.D., Pisitsungkagarn, K., & Hsieh, Y. (2008). **Self-Compassion and Self-Construal in the United States, Thailand, and Taiwan.** *Journal of Cross-Cultural Psychology*, 39(3), 267-285.

Results indicate that self-compassion is highest in Thailand and lowest in Taiwan, with the United States in between. Conclusion that self-compassion is linked to specific cultural features rather than general East-West differences.

[Link to free article](#)

MacBeth, A., & Gumley, A. (2012). **Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology.** *Clinical Psychology Review* 32, 545-552.

Meta-analysis of 20 samples from 14 studies showed a large effect size for the relationship between self-compassion and psychopathology ( $r = -0.54$ ).

[Link to free article](#)



## Resources on Self-Compassion

### [Self-Compassion Questionnaire Link](#)

#### News Article

Go Easy on Yourself, a New Wave of Research Urges  
Tara Parker-Pope, New York Times, Feb. 28, 2011

[Link to free article](#)



#### Video (at YouTube)

Interview with Neff, Germer & Gilbert on Compassion-based Therapy. [Link](#)  
Kristin Neff: "The Space Between Self-Esteem & Self-Compassion" [Link](#)

#### Books (at Amazon)

The Mindful Path to Self-Compassion (2009). Christopher Germer. [Link](#)  
The Compassionate Mind (2009). Paul Gilbert. [Link](#)  
Self-Compassion (2011). Kristin Neff. [Link](#)

#### Websites with more Information

[self-compassion.org](http://self-compassion.org) (Kristin Neff)  
[mindfulselfcompassion.org](http://mindfulselfcompassion.org) (Christopher Germer)  
[compassionatemind.co.uk](http://compassionatemind.co.uk) (Paul Gilbert)

## EMDR Basic Training

with Julie Greene, LPC

-- let your friends and colleagues know --

**Coral Springs, Florida (near Miami) -- only 1 spot left!**

Level I: January 31 - February 2, 2014

Level II: June 20 - 22, 2014

**Santa Fe, New Mexico**

Level I: March 28 - 30, 2014

Level II: October 10 - 12, 2014

**Boulder, Colorado**

Level I: April 11-13, 2014

Level II: September 12 - 14, 2014

[Link to more info](#)



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