

January 2022

Thank you for your interest in the **Mindful Self-Compassion** (MSC) course offered through the *UW Health Mindfulness Program*. Mindful Self-Compassion (MSC) is an evidence-based, 8-week course designed to cultivate the skill of self-compassion. Based on the pioneering research of Dr. Kristen Neff, the course includes short talks, experiential exercises, meditation, group discussion, and home practices.

MSC is mindfulness-based compassion training. With Mindful Self-Compassion, we can become aware of difficult emotions, recognize the common humanity in our struggles, and accept ourselves with greater kindness and compassion. Numerous research studies show that self-compassion is strongly associated with emotional well-being, coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. It is an inner strength that enables us to be more fully human—more fully ourselves. Fortunately, self-compassion can be cultivated by all of us.

MSC is designed for the general public, and prior meditation experience is not necessary to participate. The program is based on the values of equity, diversity and inclusiveness. All are welcome.

Winter 2022 MSC Class Dates and Times:

Tuesday evenings, 5:30 to 8:30pm Central

Online via Zoom (15-minute scheduled break during the midpoint of each class)

- Introductory Session Tuesday 2/8, 5:30-6:30pm
- Class begins Tuesday 2/15, 1-week hiatus on Tuesday 3/29 for MMSD Spring Break, then the last two classes on Tuesday 4/5 and Tuesday 4/12.
- MSC retreat, Saturday 3/19, 9:00am-1:00pm

What is the class like? The weekly classes include guided instruction in formal and informal mindfulness and compassion practices, gentle movement, experiential writing prompts, group dialogue and application to experiences of daily living.

What is required of class participants? We ask that participants bring a willingness and commitment to attend weekly classes and take time for home practice each week. Online classes will need access to an internet connection along with a computer or tablet that can run the Zoom application. The online course takes place in live, online sessions that will not be recorded to maintain confidentiality.

Who is this class for? Anyone is welcome who is interested in strengthening their capacity for self-kindness and compassion. Practices are appropriate for people of all backgrounds and beliefs.

Class Fee:

Standard fee: \$480

Supported fee: \$390 (for young adults/students, BIPOC participants, and others with financial need)

The Winter 2022 class fee of \$480 covers:

- Introductory session
- Eight weekly sessions of 3 hours
- One half-day session (MSC Retreat Day)
- Weekly email summaries and invitational practices

Financial Support, Insurance, and Refunds

Contact your insurance provider for possible discounts and/or reimbursement. Upon completion of the class, Quartz and other plans may offer points towards wellness programs.

Partial financial assistance is available for those where financial needs complicate their participation. The UW Health Mindfulness Program aspires to make mindfulness training relevant, welcoming, and accessible to all. A supported fee is offered for young adults/students, BIPOC participants, and others with financial need. Use coupon code *Fee390* when registering.

Refunds are considered if class is dropped within 24 hours after end of the Introductory Session. This refund policy allows adequate time for us to contact and admit applicants from the waitlist.

Miscellaneous Information

- We invite you to dress comfortably.
- It is advised not to eat a heavy meal right before class.
- Sitting on the floor is not a requirement. There will be opportunities to lie on the floor during class, i.e., during the body scan exercises and gentle yoga. Adaptations will be offered as needed. You may like to have a chair, cushion, yoga mat and/or bolster.

About the Instructors

Bob Gillespie, PhD, LMFT, LPC:

- Trained Mindful Self-Compassion Teacher through the Center for Mindful Self-Compassion
- Qualified Mindfulness Based Stress Reduction teacher through UMass Center for Mindfulness, UCSD Center for Mindfulness, and UCLA Mindful Awareness Research Center. Teaching MBSR since 2006.
- Licensed Marriage and Family Therapist and Licensed Professional Counselor
- Intermediate level Somatic Experiencing Practitioner

Emily Hagenmaier, LCSW

- Trained Mindful Self Compassion Teacher through the Center for Mindful Self-Compassion
- Licensed Clinical Social Worker
- Intermediate level Somatic Experiencing Practitioner

Winter 2022
MINDFUL SELF-COMPASSION COURSE

*Thank you for filling out these forms. We realize the personal nature of these questions.
Please know that the completed forms are kept confidential.*

Name:

Address:

_____ *street* _____ *city/state* _____ *zip code*

E-mail address:

Telephone:

_____ *primary telephone* _____ *other telephone*

Age: _____ Racial/Ethnic Identification: _____

Gender: _____ Preferred Pronouns: _____

Emergency Contact Info:

_____ *name* _____ *relationship*

_____ *Primary telephone number* _____ *Other telephone number* _____ *e-mail address*

How did you become aware of our program? *(complete all that apply)*

Physician/Health Clinic (name) _____

Web Site _____

Previous Class Member (name) _____

Mental Health Counselor/Therapist (name) _____

Other _____

To complete your registration:

1. **Payment:** _____ already paid online at uwhealth.org/mindfulness
_____ check enclosed, payable to: UWHC/MBSR

2. **Submit these forms:** Complete and submit the questionnaire that is included below (pages 3-7) by **Thursday, February 3, 2022**

Return/mail completed forms and full payment (online or check) to:

**Mindfulness Program
UW Health - Research Park
621 Science Dr
Madison WI 53711**

4. Could you please describe any previous experience you have had with meditation, mindfulness, relaxation strategies, imagery, or other mind-body approaches to healing and health? Please also let us know if you have any meditation retreat experience too. If you have not had any prior experience, please just write "no experience". It's not necessary to have any experience of meditation prior to this program.

5. Do you have any physical illness or limitation that may impact your participation in the program? If so, please describe.

6. Are you currently seeing a therapist or a psychiatrist? [] Yes [] No

If so, is your mental health provider aware you are attending this course? [] Yes [] No

7. Are you currently taking psychoactive medication, or any medication that may affect how you feel during MSC? If so, please consider providing details so that we may support your practice as thoughtfully as possible.

8. Please list any other relevant health and/or mental health history that may be helpful for your instructor to know (e.g., hospitalizations, surgeries, trauma history, or health conditions that could impact your experience in class)

9. Please describe your support system(s).

10. Is there anything else that might be helpful for the instructors to know at this time?

I understand that my participation in this program is entirely voluntary and I am free to withdraw at any time without penalty or prejudice, except for the non-refundable course fee. At the present time, I am planning to participate in the entire course (including the 4-hour retreat), and to practice mindful self-compassion at least 30 min/day (formally or informally). I also understand that I am responsible for my personal safety and wellbeing and will practice self-care throughout the program.

Signature:

Date:

Mindful Self-Compassion Coping Agreement

I agree to take care of myself while I participate in this group. If I am feeling overwhelmed, I will slow down. I will not push myself to do things that feel unsafe.

If I need to take a break and stop thinking about this work, I will:

If I need to process through my feelings, I will:

If I need to reach out, I will call:

_____ I do not have a therapist or counselor right now, but I will ask for a referral from my group facilitator if I think that will be helpful.

_____ I have a therapist/counselor whom I can call and meet with when I need to.

Signature:

Date: