

SHAME AND SELF COMPASSION: THE HEALING POWER OF MINDFULNESS

LOVE AFTER LOVE

*The time will come
When, with elation*

*You will greet yourself arriving
At your own door, in your own mirror
And each will smile at the other's welcome,*

And say, sit here. Eat.

*You will love again the stranger who was your
self.*

*Give wine. Give bread. Give back your heart
To itself, to the stranger who has loved you.*

- Derek Wolcott



DATES & LOCATION

THURSDAY SERIES

June 16, 23, and 30, 2011
6:00 – 8:00 pm

- OR -

SATURDAY SERIES

June 11, 18, and 25, 2011
10 am – 12 noon

LORING PSYCHOTHERAPY & MINDFULNESS CENTER

1409 Willow Street, Suite #200 Minneapolis, MN 55403

CLASS DESCRIPTION

For many of us there has long been a separation from ourselves, and the inability to give ourselves the kindness and compassion that we offer to others. The origins of this suffering differ from person to person, but at the core is the experience of shame – the painfully felt experience of believing we are deeply flawed and therefore unworthy of connection. In this three-session class you will:

- Assess your own level of shame vs. self-compassion
- Understand and work through specific barriers that keep you from being more accepting of yourself
- Learn a clear and proven path to developing a compassionate heart and mind
- Practice a variety of mindfulness-based and meditative practices that will move you along this path

We will use the work of Kristin Neff, author of **Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind**, and Tara Brach's book **Radical Acceptance**, which centers on use of the Buddhist practices of mindful awareness and compassion that offer healing from shame. The class will be largely experiential, as we spend time in guided meditations, creating a safe container for touching into some aspects of experience that have been difficult to face – some loss, rage, shame, or fear that is in need of healing attention. We will practice anchoring in the body, developing awareness of inner experience, staying with whatever arises, and developing the healing capacity for radical and compassionate acceptance of our experience and of ourselves, just as we are. Previous meditation experience is helpful, but not necessary.

INSTRUCTOR

Susan Bourgerie, MA, LP, co-founded the Loring Psychotherapy & Mindfulness Center in 2002, after practicing psychotherapy and meditation for decades and finding them not only complementary but also synergistically healing. She has completed professional training with Jon Kabat-Zinn, and teaches mindfulness meditation to individuals, and groups as an approach to managing stress, developing resilience, and enhancing emotional healing and well-being. Susan has participated in training and retreats with Buddhist psychologists and teachers including John Welwood, Tara Brach, Marsha Linehan, Pema Chodron, and Thich Nhat Hanh, and has practiced a variety of types of meditation for two decades. She is a founding member of the Midwest Meditation and Psychotherapy Institute.

COST & REGISTRATION

COST: \$125.00

**COMPLETE THE ATTACHED REGISTRATION
FORM AND MAIL WITH YOUR CHECK TO**

**Susan Bourgerie, MA, LP
Loring Psychotherapy & Mindfulness Center
1409 Willow Street, Suite 200
Minneapolis, MN 55403
612.874.8608
susan@loringpsychotherapy.com**

**REGISTRATION FORM
SHAME & SELF COMPASSION
SUMMER 2011**



NAME

ADDRESS

EMAIL

PHONE

PLEASE REGISTER ME FOR:

_____ **CULTIVATING SELF COMPASSION THURSDAY SERIES**

OR

_____ **CULTIVATING SELF COMPASSION SATURDAY SERIES**

**PLEASE SEND THIS COMPLETED FORM, ALONG WITH YOUR CHECK FOR
\$125.00, MADE PAYABLE TO SUSAN BOURGERIE, TO**

**SUSAN BOURGERIE, MA, LP
LORING PSYCHOTHERAPY & MINDFULNESS CENTER
1409 WILLOW STREET #200
MINNEAPOLIS, MN 55403**