



WEEK 3: Reading and Resources

Websites to explore:

The Compassionate Mind Foundation: <https://compassionatemind.co.uk>

Under the "Resources" tab you can find Exercises (under "On-line Resources"; they include: building the compassion image and compassion letter writing exercises among others), Books, Video and Audio.

Kristen Neff: <https://self-compassion.org>

The website includes lots of resources, research studies, links to videos etc

Greater Good Berkeley: <https://greatergood.berkeley.edu>

A comprehensive website covering a range of topics related to mindfulness and compassion

Videos:

Kristen Neff: The Three Components of Self Compassion. Greater Good website (6.20 mins)
<https://www.youtube.com/watch?v=11U0h0DPu7k>

Kristen Neff: The Space Between Self-Esteem and Self Compassion. Ted Talk (19 mins)
<https://www.youtube.com/watch?v=lvtZBUSplr4>

Newspaper and web articles:

Kristen Neff (2015) The Five Myths of Self Compassion
Greater Good.

https://greatergood.berkeley.edu/article/item/the_five_myths_of_self_compassion

Research Articles

Self-Compassion: What it is, what it does, and how it relates to mindfulness

Neff K, and Dahm K. University of Texas at Austin (??)

Chapter to appear in in M. Robinson, B. Meier & B. Ostafin (Eds.) *Mindfulness and Self-Regulation*.
New York: Springer.

“Over the past decade self-compassion has gained popularity as a related and complementary construct to mindfulness, and research on self-compassion is growing at an exponential rate. Self-compassion involves treating yourself with the same kindness, concern and support you’d show to a good friend. When faced with difficult life struggles, or confronting personal mistakes, failures, and inadequacies, self-compassion responds with kindness rather than harsh self-judgment, recognizing that imperfection is part of the shared human experience. In order to give oneself compassion, one must be able to turn toward, acknowledge, and accept that one is suffering, meaning that mindfulness is a core component of self-compassion. This chapter provides a comprehensive description of self-compassion and a review of the empirical literature supporting its psychological benefits. Similarities and distinctions between mindfulness and self-compassion are also explored, as these have important implications for research and intervention. This chapter hopes to provide a compelling argument for the use of both self-compassion and mindfulness as important means to help individuals develop emotional resilience and wellbeing.”

A pilot exploration of the use of compassionate images in a group of self-critical people

Gilbert P. and Irons C. (2004). *Memory*

Books

Neff K. (2011) *Self-Compassion: The Proven Power of Being Kind to Yourself*
William Collins, an imprint of Harper Collins

Kristen Neff (2018) *Mindful Self-Compassion Workbook*
Guildford Press, New York/UK

Neff K. (in press) *The Science of Self Compassion*.
Chapter in Germer C. and Siegel R. *Compassion and Wisdom in Psychotherapy*

Gilbert P. (2011) *The Compassionate Mind: A New Approach to Life’s Challenges*.
Little Brown Book Group, an imprint of Robinson