Therapeutic Webinars

CBT Stream

Jewish General Hospital - CIUSSS Centre Ouest de l’Île de Montréal

Dr. Annélie Anestin, Dr. Elizabeth Foley, Dr. Lisa Jewett
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- **These webinars are not therapeutic or clinical encounters.** They are informational sessions. Presenters cannot provide individualized input to participants.

- **Please respect privacy and confidentiality** of other participants.

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- **We cannot address acute safety concerns** within the context of these webinars. If you are feeling unsafe with yourself, please leave the webinar and contact crisis services, such as **Tracom: 514-483-3033** or ultimately **911**.
What is self-compassion?

- Compassion is the ability to show empathy, love, and concern to people who are in difficulty.
- Self-compassion is simply the ability to direct these same emotions within, and accept oneself, particularly in the face of failure.
- So when you are faced with difficulty, how do you talk to yourself? What does your inner voice sound like?
Misconceptions of Self-Compassion

- Self-indulgence
  - just spoiling yourself without motivating yourself to meet expectations and goals
- Self-pity
  - forgetting other people have similar struggles
- Self-esteem
  - especially self-worth based on comparisons, contingent on success
Self-Compassion in Psychology

- Kristin Neff & Chris Germer - Zen traditions, clinical practice
- Paul Gilbert - research, treatment of depression & self-criticism
What does your inner voice sound like?

“I’D LIKE 10 MILLION PEOPLE TO KNOW HOW STUPID YOU ARE. THAT’S MY JOY IN LIFE.”

JUDGE JUDY

Who cares?!
Or is it more like...

- You’re the best!!!

YOU'RE AWESOME!
YOU'RE AWESOME!

YOU'RE ALL AWESOME!!
Who does your inner critic sound like?

- Think of a situation that happened recently where you were suffering, embarrassed or felt like a failure
- Who did your inner critic (or cheerleader sound more like)?
  - Audience participation: polling!
- Sometimes we can be quite positive with ourselves until we make a mistake, and then we can become very self-critical
- This is the difference between contingent self-worth and unconditional self-worth
Self-compassion exercise: the inner critic

- Inner critic and identifying what we really want
  - warning about backdraft effect

- Think of something in your life you’ve been trying for a while to change, improve etc. but have been unable to achieve

- Now tap into your inner critic. Be as honest as you can with yourself about the worst things you tell yourself
What is your inner critic trying to do?

- What does your inner critic (and what do you) really want?
- Usually the purpose is to motivate you towards achievement
  - Soccer coach example
- Now take that goal and try to motivate yourself using kindness and encouragement rather than judgment, fear and criticism

Believe in Yourself.
3 Components of Self-Compassion

- Mindfulness
- Common humanity
- Self-kindness
1. Mindfulness

- First step: noticing our feelings
  - Can’t be compassionate towards our pain when we ignore it
- Without rumination or judgement
- Mindful of negative emotions and critical thoughts
- “Ouch” “This hurts” “I’m feeling…”
2. Common Humanity

- Often feel alone during difficulty
  - I’m the only one or didn’t do enough
- React with isolation and shame or stepping away from it because we are embarrassed that we’ve failed
- Recognizing suffering is part of life - reaching out instead of running away
- “Everyone makes mistakes” “Suffering is normal”
3. Self-Kindness

- Being understanding toward ourselves when we make mistakes, feel inadequate, or face difficult challenges
- Recognize that we are all imperfect, we all make mistakes, we all experience suffering.
- Reacting to ourselves with the same soothing and compassion as a loved one
- “You can do this” “I know it hurts, I’m here for you”
But does it work?

- Research shows that....
- Self-compassion decreases self-criticism, anxiety and depression
- Greater resilience in the face of failure
- Compared to self-esteem, self-compassion linked with emotional resilience, less narcissism, less reactive anger
Self-Compassion Break

- Think of an area in your life that is difficult right now, but not so difficult as to be overwhelming
  - a difficult conversation, a project you are struggling with
- Mindfulness, Common Humanity, Self-Kindness
Resources & References

- http://www.Self-Compassion.org
- http://www.MindfulSelfCompassion.org
- Germer, C., (2009). The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions
Questions
Why we all need a Zen garden
Thank you for joining!

Additional resources can be found on our website: www.jgh.ca/icfp

Next CBT Webinar: Monday June 29th @ 10am
Topic: Problem-solving...how to do it!