



MINDFUL SELF-COMPASSION RESOURCES

Texts on Mindful Self Compassion and Compassion Focused Therapy

The Mindful Path to Self-Compassion: Freeing yourself from destructive thoughts and emotions.	Germer, C. (2009). <i>The Mindful Path to Self-Compassion: Freeing yourself from destructive thoughts and emotions.</i> Guilford Publications.
Chris Germer's MSC Text	
Wisdom and compassion in psychotherapy: Deepening mindfulness in clinical practice.	Germer, C. & Siegel, R. D. (2012). <i>Wisdom and compassion in psychotherapy: Deepening mindfulness in clinical practice.</i> The Guilford Press.
Applying mindfulness and compassion to psychotherapy practice	
Compassion Focused Therapy: Clinical practice and applications	Gilbert, P & Simons, G. (2022). <i>Compassion Focused Therapy: Clinical practice and applications</i> Routledge
Most updated comprehensive text for CFT	
Self compassion: the proven power of being kind to yourself.	Kneff, K. (2011). <i>Self-compassion : the proven power of being kind to yourself.</i> New York : William Morrow.
Kristen Kneff's MSC Text	
Self-Compassion: How women can harness kindness to speak up, claim their power and thrive.	Neff, K. (2021). <i>Self-Compassion: How women can harness kindness to speak up, claim their power and thrive.</i> Harper Wave.
Explores the topic of fierce compassion	
The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive.	Neff, K. & Germer, C. (2018). <i>The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive.</i> Gilford Publications.
Workbook for learning MSC	
Teaching the Mindful Self-Compassion Program: A guide for professionals.	Neff, K. & Germer, C (2019). <i>Teaching the Mindful Self-Compassion Program: A guide for professionals.</i> Gilford Publications.
Teacher's guide to the MSC skills workbook	
The Gifts of Compassion: How to understand and overcome suffering.	Steindl, S. (2020). <i>The Gifts of Compassion: How to understand and overcome suffering.</i> Samford Valley QLD, Australia: Australian Academic Press.
An easily readable and comprehensive overview to CFT	



Self-Compassion Scales

Self-Compassion Scale	Kristen Neff's Self Compassion Scale is a self-rating test intended to assess self-compassion.	Online test: https://self-compassion.org/self-compassion-test/ PDF of Short Form Self-Test: https://self-compassion.org/wp-content/uploads/2015/02/ShortSCS.pdf Article: https://self-compassion.org/wp-content/uploads/2019/09/Neff.inpress.pdf
Compassion Motivation and Action Scale (CMAS)	Stan Steindl's Scale measures an individual's level of motivation for compassionate action towards self and others.	https://self-compassion.org/wp-content/uploads/2021/11/Steindl-et-al.-2021-The-Compassion-Motivation-and-Action-Scales-a-self.pdf
Novopsych example of CMAS	Novopsych has some surveys based on Neff's scale.	https://novopsych.com.au/assessments/formulation/compassion-motivation-and-action-scales-self-compassion-cmas-self/

Mindful Self Compassion Websites

Self-Compassion With Kristen Neff	https://self-compassion.org/
Kristen Neff's website with many MSC resources including explanation of concepts, videos, guided meditations, activities, articles, and others.	
Center for Mindful Self-Compassion	https://centerformsc.org/
The hub for MSC trainers and learners. Various programs and trainings, lists of MSC trainers, and other training resources.	
Self-Compassion in Psychotherapy	https://scipprogram.com/
Website for the SCIP Program, includes information about the program and registration.	
Chris Germer Website	https://chrisgermer.com/
Chris Germer's website, provides information on his activities in teaching and practicing MSC.	
Compassion Focused Practice Community of North America	http://www.compassionfocusedtherapy.com/
Hub for US CFT enthusiasts. The site offers a newsletter, blog, and multimedia resources.	
Compassionate Mind Foundation	https://www.compassionatemind.co.uk/
Foundation created by Paul Gilbert, includes trainings, annual conference, and other resources.	
Center for Compassion Focused Therapy	https://mindfulcompassion.com/
US-based CFT website managed by Dennis & Laura Tirsch. Offers links to trainings and other resources.	
Intrinsic Change	https://www.intrinsicchange.com/
Jesse Jonesberg's website that offers video and written materials to support learning in MI, MSC, and Cultural Humility.	



Articles on Motivational Interviewing and Compassion Focused Therapy

Understanding the Link Between Motivational Interviewing and Self-Compassion Pastore & Fortier, 2020	The authors argue that MI and MSC compliment each other and combining the modalities should be studied in the future.	https://self-compassion.org/wp-content/uploads/2021/11/Pastore-and-Fortier-2020-Understanding-the-Link-Between-Motivational-Interv.pdf
Motivational interviewing in compassion-based interventions: Theory and practical applications Steindl, Kirby & Tellegan, 2018	The authors show that MI can enhance individuals' experience and motivation in using MSC.	https://aps.onlinelibrary.wiley.com/doi/abs/10.1111/c.p.12146
Compassion Focused Therapy (CFT) and Motivational Interviewing (MI) Jonesberg, 2021	The author argues that CFT compliments MI, especially in terms of the MI Spirit.	https://www.intrinsicchange.com/change-talk-blog/compassion-focused-therapy-cft-and-motivational-interviewing-mi
Compassion, It's Not Just for Those We Serve: Using Mindful Self Compassion (MSC) in our Motivational Interviewing (MI) Practice Jonesberg, 2022	The author explores the importance of self-compassion for individuals in the helping profession and MI practitioners.	https://www.intrinsicchange.com/change-talk-blog/compassion-its-not-just-for-those-we-serve-using-mindful-self-compassion-msc-in-our-motivational-interviewing-mi-practice

Articles on Efficacy of Mindful Self Compassion

Database of MSC Research Neff and Colleagues, 2022	A comprehensive online bibliography and database of MSC research articles. This database is hosted and curated by Kristen Neff.	https://self-compassion.org/the-research/
Self-Compassion Interventions and Psychosocial Outcomes: a Meta-Analysis of RCTs Ferrari, Hunt, Harrysunker, Abbott, Beath & Einstein, 2019	Demonstrates the efficacy of MSC for working with eating behavior and rumination. Effects of MSC were shown to be moderate for self-compassion, stress, depression, mindfulness, self-criticism, and anxiety outcomes	https://self-compassion.org/wp-content/uploads/2019/08/Ferrari2019.pdf
Effectiveness of self-compassion-related interventions for reducing self-criticism: A systematic review and meta-analysis Perman & Simonds, 2021	"The meta-analysis found that self-compassion-related interventions produce a medium reduction in self-criticism in comparison with control groups in a range of samples."	https://onlinelibrary.wiley.com/doi/full/10.1002/cpp.2586
A Meta-Analysis of the Relation Between Self-Compassion and Self-Efficacy Liao, Stead & Liao, 2021	"Clinical interventions that cultivate self-compassion may be conducive to one's sense of self-efficacy."	https://link.springer.com/article/10.1007/s12671-021-01626-4
Effects of mindfulness-based interventions on self-compassion in health care professionals: a meta-analysis. Wasson, Barratt & O'Brien, 2020	"Findings suggest mindfulness-based interventions improve self-compassion in health care professionals. Additionally, a variety of mindfulness-based programs may be useful for employees and trainees."	https://link.springer.com/article/10.1007/s12671-020-01342-5