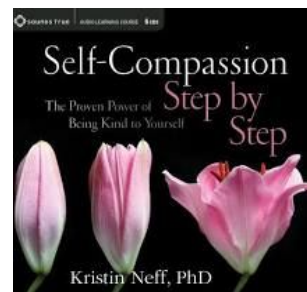
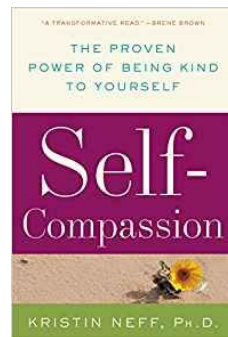
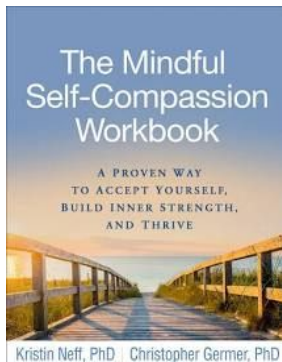


# Self-Compassion References

## Websites

- 2013 Summer Presentation to Educators from Dr. Neff
  - <https://www.youtube.com/watch?v=3Z1rCrScTSI&t=16s>
  - <https://www.youtube.com/watch?v=Z1k2zro9wb8&t=2s>
- Center for Mindful Self-Compassion
  - <https://centerformsc.org/learn-msc/>
- Self-Compassion Test
  - <https://centerformsc.org/learn-msc/take-the-self-compassion-test/>
  - Gives you a 1 to 5 scale on Self-Kindness, Self-Judgment, Common Humanity, Isolation, and Mindfulness, Over-Identification, and Overall Score
- School psychologist interviews Dr. Neff
  - <https://www.youtube.com/watch?v=mOKMV6gO2ZI>
- Mindful Self-Compassion and Psychotherapy
  - <https://chrisgermer.com/>

## Books/Workbooks/CDs



- Germer, C. K. (2014). *The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions*. Kbh.: Nota.
- Neff, Kristin. *Self-Compassion: the Proven Power of Being Kind to Yourself*. William Morrow, an Imprint of Harper Collins Publishers, 2015.
- Neff, K., & Germer, C. K. (2018). *The mindful self-compassion workbook: A proven way to accept yourself, build inner strength, and thrive*. New York, NY: Guilford Press.

Compiled by Kathy Moore, Ph.D., NCSP. [kathymoore.ole2002@gmail.com](mailto:kathymoore.ole2002@gmail.com)