

ONEBird

A Creative Approach to Self-Compassion

by Patricia Rose Williams, MA, Registered Art Therapist & MSC Teacher

Developed by Patricia Williams, ONEBird is designed to cultivate mindfulness and self-compassion using a unique blend of meditation practices and the creative process. ONEBird draws on the work of Kristen Neff and Christopher Germer, creators of *Mindful Self-Compassion* (MSC) training (<http://centerformsc.org>). The ONEBird model integrates a variety of art therapy principles and activities with mindfulness and compassion practices. It can be used in individual and group settings, for both personal growth and therapeutic intervention.

Benefits of ONEBird

Self-motivate with encouragement rather than self-criticism.

Accept difficult emotions.

Respond to feelings of inadequacy, shame or personal failure with self-kindness.

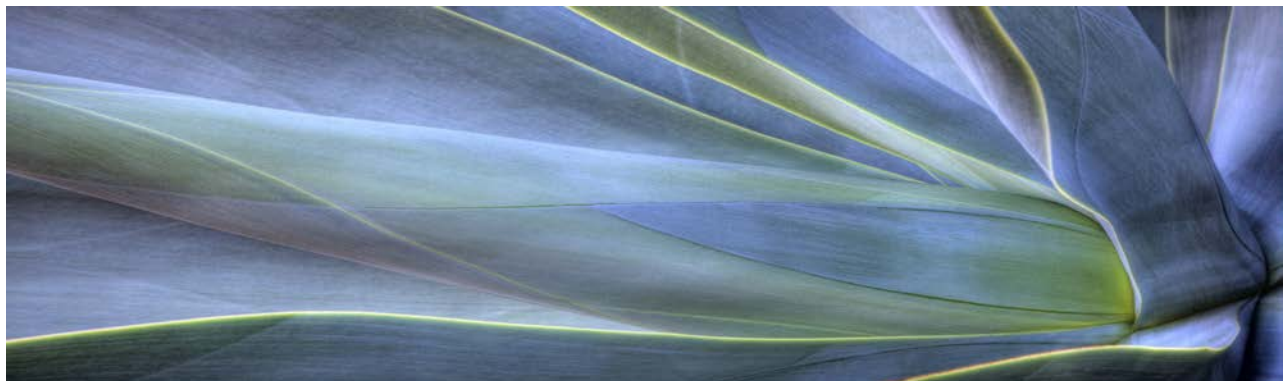
Begin to transform difficult relationships.

Integrate mindfulness and self-compassion into daily life.

Use creativity to deepen self-acceptance and compassion.

Manage challenging emotions in the safety of imagery and creative expression.

For More Information on ONEBird workshops and Mindful Self-Compassion Training, please visit www.heartworkarttherapy.com and request a newsletter.



THE SELF-COMPASSION BREAK

A Tool to Build Self-Compassion

(Adapted by Patricia R Williams from Neff, 2016 <http://self-compassion.org>)

The Self-Compassion Break is an informal practice based on being kind and compassionate with yourself in times of suffering. Choose phrases from each step that resonate with you or make up your own compassionate responses.

Step 1. MINDFULNESS: “This is a moment of suffering... I am really struggling... This is really hard right now.” So, instead of overly identifying with your difficult emotions or trying to push them out of awareness, you turn toward the pain, acknowledge it and name it.

Step 2. COMMON HUMANITY: “Suffering is part of life... Many people are going through similar situations.” In Step 2 you recognize that suffering is an integral part of life and that you are not alone. The shame that results from harsh inner criticism often generates a sense of isolation that is reduced by acknowledging your common humanity.

Step 3. SELF-KINDNESS & SOOTHING TOUCH: Begin by placing your hands over your heart or any other place on your body that feels comforting. “May I be kind to myself in this moment.” Rather than becoming critical or frustrated because you fail or feel inadequate, talk to yourself in the way you would comfort a dear friend who was suffering. Adopt a tone that is warm, kind and gentle, while accepting the imperfect nature of human reality.

