

**Course Requirements for the 2016 BYU CAPS Conference:
Mindful Self-Compassion: One Day Core Skills Training**

Pass/Fail

- Attend each session
- Submit a copy of handouts and personal notes

Due Friday, October 2, 2016

Letter Grade:

1. Read this book: *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*
ISBN-10: 1593859759
ISBN-13: 978-1593859756
2. Write a 5 page paper identifying three principles that felt most important to you. Discuss how these principles might help a client/patient.

Submit assignments via email to david_erekson@byu.edu

David M. Erekson, Ph.D.
Assistant Clinical Professor
Counseling & Psychological Services

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