

1. **Define self-compassion** and distinguish it from related but different concepts such as self-esteem and self-indulgence.
2. **Explain the core principles of Compassion-Focused Therapy (CFT)** and how they inform therapeutic approaches to increasing self-compassion.
3. **Name and normalize the fears, blocks, and resistance to compassion** - in the therapy room and how to use these moments as insight into the client's internal shame and self-criticism.
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5. **Identify strategies for modeling and cultivating self-compassion** in both clinicians and clients, with particular attention to its application for parents and caregivers.
Apply at least two self-compassion exercises or interventions in clinical practice to support clients in building internal resilience and emotional regulation.