

UNIVERSITY OF PITTSBURGH
DEPARTMENT OF PSYCHOLOGY
CLINICAL PSYCHOLOGY PROGRAM

Self-Compassion and Reactions to Negative
Life Events

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3:00 PM**

**Martin Colloquium Center
4127 Sennott Square**

Ironically, people often treat others who experience negative events more kindly and compassionately than they treat themselves. Self-compassion refers to the degree to which people respond to negative events in their lives (such as failure, rejection, or loss) with self-directed understanding, kindness, and compassion. This presentation describes a program of research that examined the buffering effects of trait self-compassion on reactions to negative events, as well as the effects of experimentally-induced state self-compassion. These studies show not only that self-compassion is associated with beneficial coping strategies but also that self-compassion consistently relates to positive outcomes more strongly than self-esteem.

Reception to follow in Room 4125 Sennott Square