

## **Brief Compassion/Mindfulness/Self-Compassion Resources September 2026**

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### **Digital copy of Lee Lipton's *Mindfulness in Medicine* Booklet**

(available on her website) <https://s39613.pcdn.co/wp-content/uploads/2026/09/MIM-Toolkit-Education-2026.pdf>

### **Local Resources!**

#### **UI Counseling and Mental Health Center**

<https://www.uidaho.edu/student-resources/health-wellness/counseling-mental-health-center>

Self-compassion Zooms- Dr. Kristin Neff and Dr. Chris Germer

BetterMynd

#### **You & I Mindfulness, Dr. Jamie Derrick**

<https://www.facebook.com/UIDMind/>

#### **Palouse Mindfulness (free course)**

<https://palousemindfulness.com/index.html>

I am happy to share any of my teaching and learning resources.

Here is a very short list:

#### **Compassion Institute**

<https://compassioninstitute.com/>

#### **The Compassionate Mind Foundation- Gilbert**

<https://www.compassionatemind.co.uk/>

#### **Handbook of Compassion in Healthcare: A Practical Approach- Behan & Kelly**

<https://www.cambridge.org/core/books/handbook-of-compassion-in-healthcare/4B98BECD58FAA99F62F8C4B0BB39663D>

#### **The Oxford Handbook of Compassion Science- Seppala et al.**

<https://psycnet.apa.org/record/2017-43847-000>

#### **Self-Compassion Community- Kristin Neff**

<https://self-compassion.org/>

#### **The Center for Compassion and Altruism Research and Education- Stanford Medicine**

<https://ccare.stanford.edu/>

#### **Greater Good Science Center- Berkley**

<https://ggsc.berkeley.edu/>