

Spirit Rock

The Art of Self-Compassion with Chronic Pain

with Dr. Christiane Wolf, MD, PhD

A New Way to Relate to Pain

If you live with chronic pain or illness, you know it's never just the physical pain. It's the exhaustion, the frustration, the isolation — and the inner voice that says, *"I should be less affected by this"* or *"Why can't I just get over this?"*

This course offers a new way forward.

Instead of battling your body, you'll learn to meet pain with **kindness, gentleness, and resilience**. While pain may not always disappear, your *suffering will ease*. With the right tools, compassion softens the edges of pain, reduces stress, and helps you feel less alone.

Why This Course Matters

Traditional medicine treats the body. But it rarely teaches us how to change and soften our relationship with pain itself.

This course is different. Guided by Dr. Christiane Wolf — a physician, meditation teacher, and certified Mindful Self-Compassion instructor — it blends **cutting-edge science with heartfelt practice**. You'll learn how compassion calms the nervous system, lowers suffering, and opens the door to greater ease and resilience.

As Dr. Wolf reminds us:

"We practice (self-)compassion not to make the pain go away but because there is pain! Pain deserves compassion and it doesn't matter who's pain that is!"

What Makes This Program Unique

- **First of its kind:** Few, if any, programs focus specifically on *self-compassion for chronic pain and illness*.
- **Science-based:** Discover how the brain “learns” pain, why the nervous system becomes hypervigilant, and how compassion can downregulate suffering.
- **Physician-led:** With a medical background in gynecology and oncology, Dr. Wolf brings both clinical expertise and decades of teaching mindfulness.
- **Whole-person approach:** Ease not just physical pain, but the emotional weight and isolation that come with it.
- **Community support:** Small groups and shared reflection help dissolve loneliness, reminding you that you are truly not alone.

Who This Course Is For

- Anyone living with chronic pain or chronic illness who wants to reduce suffering and find more ease.
- Those who struggle to be kind to themselves in the midst of pain and illness.
- Health care providers seeking to better understand and support patients living with pain through self-compassion.

What You'll Gain

- **Practical, body-based tools** you can use anytime — soothing touch, compassionate breathing, body scans, and more.
- **A new relationship to pain** — shifting from resistance to resilience.

- **Less isolation** by connecting with a supportive community.
- **Greater peace of mind** knowing you can meet hard moments with kindness instead of resistance and worry.

✨ **The Promise:** You'll walk away with powerful tools that will decrease your pain and open you up again for joy and ease. With compassion as your companion, life becomes more workable, more connected, and more free.

The Journey Ahead

Session 1 — Foundations of Self-Compassion

Simple, practical tools to calm the nervous system and debunk common myths about self-compassion

Session 2 — The Warmth of Compassion

Discover how compassion and mindfulness work together, and feel what it's like to soften around pain and replace self-criticism with tenderness.

Session 3 — Meeting Resistance with Gentleness

Understand why self-compassion feels hard and learn how to move through fear and resistance with care.

Session 4 — Listening to the Body with Kindness

Through a kindness body scan, notice both pain and ease, rebuild trust in your body, and explore tools for rest.

Session 5 — Compassionate Breathing & Integration

Bring everything together with compassionate breathing — inhale care for yourself, exhale compassion for others.

What You'll Walk Away With

- **Less suffering, more ease.** Pain may remain, but it won't feel as overwhelming.
- **Tools that work.** From soothing touch to compassionate breathing, practices you can rely on anytime.

- **Confidence and resilience.** Knowing you can meet difficulty with kindness changes everything.
 - **A sense of belonging.** Be seen, supported, and reminded that you don't walk this path alone.
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Imagine This...

- Starting your day with steadiness instead of dread.
 - Feeling calmer in your body and softer in your heart, even when pain is present.
 - Laying down the extra weight of self-criticism.
 - Walking away with a renewed sense of possibility — not because pain is gone, but because you now know how to *be with it differently*.
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About Dr. Christiane Wolf

Dr. Christiane Wolf, MD, PhD, is a physician, meditation teacher, and internationally recognized expert in mindfulness and self-compassion. Trained as a gynecologist and a gynecological oncologist, she brings deep medical knowledge together with decades of experience guiding people living with chronic pain and illness.

She is a certified teacher of *Mindful Self-Compassion* (MSC), trained under Dr. Kristin Neff and Dr. Chris Germer, and the author of *Outsmart Your Pain: Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind*. Known for her clarity, warmth, and authenticity, Dr. Wolf has taught thousands of students around the world how to live with more ease, resilience, and kindness — even in the face of great difficulty.

✨ **This course is your invitation to reclaim kindness, resilience, and connection — even in the midst of pain.**
