



CBT Seminar Series:

From Self Criticism to Self-Compassion: A CBT Informed Approach

Presented by Ilana Pomerantz, Psy.D.; Suza Scalora, Ph.D.



THURSDAY MAY 28TH, 2026



12:00PM - 1:00PM



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PROGRAM DETAILS



1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, who sign in with their full name, attend the entire lecture and complete a survey which will be emailed following the completion of the lecture. Note you can join no later than 10 minutes after the start of time and must stay for the entire duration of the event for CE eligibility. The CE survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information



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ABSTRACT

From Self-Criticism to Self-Compassion: A CBT-Informed Approach will introduce clinicians to a structured framework for addressing harsh self-judgment and shame, grounded in contemporary mindfulness and self-compassion research. The presentation will review evidence linking self-criticism and judgment with psychopathology and highlight how cultivating self-compassion enhances emotion regulation, resilience, and treatment response. We will outline a CBT model that situates self-critical thoughts within core beliefs, cognitive appraisals, and safety behaviors, and will integrate the three components of self-compassion (self-kindness, common humanity, and mindfulness) as targets of intervention. Clinical vignettes will illustrate how to elicit self-critical schemas, foster mindful awareness of self-attacking thoughts, and cultivate more compassionate self-relating. Specific strategies will include compassion-oriented cognitive restructuring, mindfulness-based practices for relating differently to self-critical thoughts, compassionate imagery, and self-compassion meditation. We will also address common therapist and client concerns (such as fears of complacency or self-indulgence) and self-compassion myths, and offer language for framing self-compassion as a courageous, effective stance. Attendees will leave with concrete practices they can immediately incorporate into CBT to help clients move from self-attack toward a more balanced, compassionate inner dialogue.

SPEAKERS

Dr. Scalora and Dr. Pomerantz are Assistant Professors of Psychology in Clinical Psychiatry at Weill Cornell Medicine and Assistant Attending Psychologists at NewYork-Presbyterian Hospital. They provide clinical services through the Weill Cornell Psychiatry Specialty Center and Student Mental Health.

Dr. Scalora specializes in mood, anxiety, and trauma-related disorders, with expertise in Cognitive Processing Therapy, DBT, mindfulness-based interventions, and self-compassion-informed CBT. Her research focuses on spiritually integrated, mind-body interventions.

Dr. Pomerantz specializes in the assessment and treatment of mood, anxiety, and trauma-related disorders, as well as Emotionally Focused Couples Therapy (EFT). Her work centers on couples and families, including perinatal mental health and intergenerational trauma through an attachment-based lens.

LEARNING OBJECTIVES

1. Describe the three core components of self-compassion.
2. Explain at least two common myths about self-compassion that may interfere with engagement in CBT and strategies for addressing them in treatment.
3. List and describe three self-compassion practices that can be integrated into CBT interventions for self-critical thoughts.

REFERENCES

1. Neff, K. D. (2022). Self-Compassion: theory, method, research, and intervention. *Annual Review of Psychology*, 74(1), 193–218. <https://doi.org/10.1146/annurev-psych-032420-031047>
2. Winders, S., Murphy, O., Looney, K., & O'Reilly, G. (2020). Self-compassion, trauma, and posttraumatic stress disorder: A systematic review. *Clinical Psychology & Psychotherapy*, 27(3), 300–329. <https://doi.org/10.1002/cpp.2429>
3. Hamedani, K. H., Amani, R., & Vasel, M. Y. (2023). The effectiveness of enhanced Cognitive-Behavioral group therapy on negative perfectionism, Self-Criticism, and Self-Compassion. *International Journal of Cognitive Therapy*, 16(3), 375–389. <https://doi.org/10.1007/s41811-023-00167-z>