



Center for
Mindful Self-Compassion

Certificate of Training

This is to certify that

Sabine Aleff

has fulfilled the necessary requirements
and is now trained to teach MSC.
The bearer can apply for teacher certification
and can now advertise him or herself as a

Trained Teacher
of
Mindful Self-Compassion

Steven D. Hickman, Psy.D.

CMSC Director of Professional Training

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