



Center for Mindful Self-Compassion

Certificate of Training

This is to certify that

Ayala Garby – Schafman

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

Trained Teacher
of
Mindful Self-Compassion

Steven D. Hickman, Psy.D.

CMSC Director of Professional Training

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