

This is to certify that

**Ophelie Frank**

has attended, in its entirety,  
the following activity sponsored by the Center for Mindful Self-Compassion

**4-hour training in Teaching Self-Compassion Online (TSCO)  
January 2021**

Ophelie Frank is now authorized to teach MSC online, subject to the policies of CMSC.  
*MSC Teachers are obliged to stay up to date with the latest policies found on the CMSC Teacher Dashboard*



Steve Hickman, CMSC Executive Director



**Center for  
Mindful Self-Compassion**

With TSCO Trainer:  
Inken Dechow