

## Effect of Self-Compassion Techniques for Individuals with Depression: A Pilot Study

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**Abstract :** This research aims to study the effect of self-compassion techniques for individuals with depression (A pilot study). A quasi-experimental research with pretest-posttest is used to design this work. The research includes 30 participants, divided into the experimental group (ten samples) and the control group (twenty samples). The experimental group received a self-compassion techniques with an appropriate treatment for a total six times. The control group received an appropriate treatment. The measurement of this study using the Hamilton Rating Scale for Depression (Thai version). There are significant differences in levels of depression after received a self-compassion techniques with an appropriate treatment ( $p < .01$ ). And there are significant differences in levels of depression between the experimental group and the control group ( $p < .01$ ).

**Keywords :** depression, self compassion techniques, psychotherapy, pilot study

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