

# Being with you

THE POWER OF  
SELF COMPASSION



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STUDIOS

# Logline

"Being with You" is a documentary film exploring the importance of self-compassion, the science behind it, and its social impact on society. With skyrocketing rates of depression, suicide, anxiety and addiction, top researchers, scientists, psychologists, and spiritual teachers reveal why the true "medicine" for our inner pain, despair, disconnection is to learn to be with ourselves and accept who we are. Through hearing the stories of real people, "Being with You" shows how we each have the power to heal ourselves, the lives of those around us, and ultimately the world.

[Watch Trailer](#)



# Film Summary

Being with You: The Power of Self-Compassion (2022) is a feature-length documentary exploring the transformative effects of embracing compassion for ourselves and others. The film examines the ways in which the field of self-compassion research has grown in recent decades, and how the scientific evidence, clinical psychology, and wisdom traditions increasingly suggest that we need self-compassion in order to be well.

Teachers and subject-matter experts draw on their research, writing, as well as personal experiences to discuss the importance of self-compassion, the scientific research that supports it, and tangible practices to teach it.

Alongside this, the film weaves together the stories of three individuals, Samantha, Harry, and Melanie, all of whom at various stages of their journey to demonstrate the different paths that one can take in learning self-compassion.



# Our Experts



**TAMI SIMON**  
(NARRATOR)

CEO & Founder Sounds  
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**DR. TARA BRACH**

Clinical Psychologist  
& Mediation Teacher



**DR. RICK HANSON**

Clinical Psychologist



**DR. ZEV  
SHUMAN-OLIVIER**

Compassion  
Researcher / Asst.  
Professor Harvard  
Medical School



**DR. KRISTIN NEFF**

Educational  
Psychologist



**DANIELLE LAPORTE**

Author & Inspirational  
Teacher

# Our Experts



**GEORGE MUMFORD**

Sports Psychology  
Expert & Mindfulness  
Teacher



**LAMA ROD OWENS**

Buddhist Minister &  
Dharma Teacher



**DR. SARÁ YAFAH KING**

Neuroscientist &  
Medical Anthropologist



**DR. PAUL CONTI**

Psychiatrist



**KRISTA GREGORY**

Resiliency Instructor



HUMAN STORY:

# Samantha Good

Samantha is a Partner for a global law firm who climbed her way up the corporate ladder through grit, determination and self-criticism. It's only when she reaches a critical point with both work and family that she realizes she needs to rethink how she treats herself.



HUMAN STORY:  
**Harry  
Grammer**

Harry is the founder and CEO of a non-profit helping at-risk youth in LA. After growing up without compassion or acceptance for himself, he understands how essential it is and teaches it to the youth he works with.



HUMAN STORY:

# Melanie Mikeska

Melanie is a former police deputy who learned how to be compassionate with others, but never with herself and only after reaching a personal breaking point does she learn how essential it is for her.



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[Watch the Full Film](#)



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Thank  
You!



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