

12 November 2019

Mindful Self-compassion workshop with founders Kristin Neff and Chris Germer

Sussex Mindfulness Centre will host the only UK Mindful Self Compassion (MSC) workshop in 2020 led by MSC American founders Kristin Neff and Chris Germer.

The MSC Core Skills program, to be held in Brighton, is a workshop with program activities to include talks, meditation, experiential exercises, and group discussion.

Participants will experience self-compassion and learn practices that evoke self-compassion in daily life, and the rationale behind them.

Dr Robert Marx, Consultant Clinical Psychologist and co-lead for the Sussex Mindfulness Centre, said: "We are absolutely delighted to be welcoming the founders of the Mindful Self-Compassion (MSC) programme - Chris Germer and Kristin Neff - to Brighton. MSC is a programme with an ever developing international reach, enabling people in all walks of life to cultivate kindness and compassion in their workplaces, families and lives. Chris and Kristin now rarely teach together outside of the United States, so we hope you will join us for this unique opportunity.'

Sussex Mindfulness Centre aims to improve wellbeing through mindfulness and brings together mindfulness practice, research and training to help people with mental or physical health challenges and the wider community. It is run by Sussex Partnership NHS foundation Trust, which provides specialist mental health and learning disability services in Sussex and Hampshire.

Chris Germer said, "Kristin and I are delighted to be teaching this program together in the UK, especially at the Sussex Partnership Trust, where mindfulness is so well-established and respected. Self-compassion supports mindfulness by making a safe space for our experience, no matter what we're going through, by being a good friend to ourselves. Research has clearly shown that self-compassion is good for us - it is strongly associated with happiness and wellbeing, coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. Fortunately, self-compassion can be learned by anyone. Participants at this program will experience the highlights of the 8-week *Mindful Self-Compassion* program and they'll learn how to keep self-compassion going in the hustle and bustle of daily life. Hope you can join us!"

The MSC Core Skills Workshop will allow people to immerse themselves in some of the key practices and exercises of the full 8-week program in an intensive 2-day format.

After the workshop, participants will be able to:

- Understand the science of self-compassion
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Manage caregiver fatigue
- Practice the art of savouring and self-appreciation
- Teach simple self-compassion exercises to clients
- Take the first step towards training as an MSC teacher

The workshop is an introduction to MSC and is not a qualification to teach the 8-week MSC Course which requires further training. This workshop is relevant for the general public as well as practicing mental health professionals.

It will take place at the Paganini Ballroom, Old Ship Hotel, 31-38 Kings Road Brighton BN1 1NR, on July 18 and July 19, 2020 from 9am to 5pm.

The cost is £240 standard early bird before December 16 or £290 after December 16.

The price includes tea and coffee with pastries/biscuits during the breaks. Lunch or accommodation are not included.

To book your place email SMC@sussexpartnership.nhs.uk or call 0300 304 2057

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