

MINDFUL SELF-COMPASSION INTENSIVE:

THE 8-WEEK PROGRAMME IN A 5-DAY INTENSIVE NON-RESIDENTIAL FORMAT

16th-20th October 2017 9.30am-5.30pm Mon to Thurs 9.30am-12.30pm Friday

Friends' Meeting House Ship St, Brighton, BN1 1AF

Facilitators:

Bal De Buitléar, Martin Thomson-Jones, and Robert Marx

To find out more, or to request a booking form, please email: smc@sussexpartnership.nhs.uk

Cost: £330 until August 31st, £380 from September 1st If the cost is an obstacle, please get in touch about a concessionary price.

MINDFUL SELF-COMPASSION

Mindful Self-Compassion (MSC) is an empirically-supported training programme designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Chris Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warm-hearted, connected presence.

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who feel uncomfortable when they are good to themselves. It's a courageous attitude that stands up to harm, including the harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.

Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression, and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. And it's easier than you think.

After participating in this intensive programme, we hope and expect you'll be able to:

- Practice self-compassion in daily life
- Understand the empirically-supported benefits of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Transform challenging relationships, old and new
- Manage caregiver fatigue
- Practice the art of savouring and self-appreciation

Programme activities include meditation, short talks, experiential exercises, group discussion, and home practices. MSC is a workshop than a retreat. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life.

MSC is primarily a compassion training programme rather than a mindfulness training like MBSR or MBCT, although mindfulness is the foundation of self-compassion. MSC is also not psychotherapy, insofar as the emphasis of MSC is on building emotional resources rather than addressing old wounds. Positive change occurs naturally as we develop the capacity to be with ourselves in a kinder, more compassionate way.

While some difficult emotions may arise when practicing self-compassion, MSC teachers are committed to providing a safe, supportive environment for this process to unfold, and to making the journey interesting and enjoyable for everyone.

No previous experience with mindfulness or meditation is required to attend MSC. To ensure safety, participants are asked to provide background information when they register for the programme. If you want to find out more, we suggest you read one or both of following books:

- Self-Compassion: The Proven Power of Being Kind to Yourself, by Kristin Neff
- The Mindful Path to Self-Compassion, by Chris Germer.

This programme fulfills one of the prerequisites for becoming an MSC teacher. For more information on MSC and MSC Teacher Training, please visit www.centerformsc.org.

The facilitators

Bal De Buitléar



Bal is a fully certified MSC teacher, trained teacher in MSC for Teens and Young adults, and a trained teacher in Mindfulness (Bangor University). She has facilitated 8-week mindfulness and MSC Courses and 5-day MSC intensives in the UK and Ireland. She has co-taught with Chris Germer, Christine Brähler, Vanessa Hope, and Judith Soulsby, and she also works as one of the consultation hosts for trainee MSC teachers. Interested in neuroscience she has attended trainings in: Emergent Intelligence with Saki Santorelli, Hardwiring Happiness and Buddha's Brain and the recent PNT training with Rick Hanson. She has enjoyed working in the field of mental health and emotional well-being for over 20 years both for the NHS and in independent practice.

She holds a B.Sc. (Hons) Human Psychology Degree, Mental Health Nursing Diploma and Cognitive Therapy Diploma. She is accredited with the BABCP with most recent therapy training in Compassion Focused Therapy (Professor Paul Gilbert). She is also training in Non-Violent Communication (Compassionate communication). Mindfulness and Mindful Self-Compassion are quintessential in her own life and healing journey to recover from a long-term chronic illness and to manage the challenges of parenting a child on the autistic spectrum. For further information please see:

www.compassionate-living.co.uk

and

www.mindfulnessforliving.co.uk

Martin Thomson-Jones



Martin is a fully certified MSC teacher. He first encountered loving-kindness meditation, one of the core elements of MSC, when he took the eight-week Mindfulness-Based Stress Reduction course in Chapel Hill, North Carolina in 2010, and from there he gradually found his way to Kristin Neff's and Christopher Germer's work. He took MSC from Chris and Kristin as a five-day intensive at Esalen, in California, in January 2013, and was invited to be part of the Center for Mindful Self-Compassion's first teacher training course—led by Chris Germer, Kristin Neff, and Michelle Becker and Steven Hickman of the U.C. San Diego Center for Mindfulness—in Barre, Massachussetts in March 2014. He first co-taught the five-day intensive version of MSC with Kristy Arbon in St. Louis in August 2014, and has been teaching the eight-week version regularly in Oberlin, Ohio, where he lives, and in the Cleveland area.

Martin is English, but he has now been living in the U.S. for more than half his life. He is a philosophy professor at Oberlin College, and has also taught philosophy at Princeton University and U.C. Berkeley. He has a Ph.D. in philosophy from Stanford University, and a B.A. (Joint Hons.) in physics and philosophy from Oxford University. His research is primarily in the philosophy of science. Martin's MSC website is here:

www.oberlinmsc.org

and his philosophy website (which needs updating!) is here:

www.martinthomsonjones.com

Robert Marx



Robert co-lead the Sussex Mindfulness Centre is for (SMC) (http://sussexmindfulnesscentre.nhs.uk) and has been teaching adapted Mindfulness based Cognitive Therapy groups to patients and staff in the NHS in Sussex for over ten years. He also supervises and trains others on the SMC's mindfulness training programmes. In recent years, he has been evaluating the effects of incorporating kindness and compassion practices into mindfulnessbased interventions in clinical and organizational contexts. He recently trained to teach the Mindful Self Compassion (MSC) programme and has so far offered this to NHS staff. By background, Robert is a consultant clinical psychologist and cognitive-analytic psychotherapist.

