

Mindful Self-compassion (MSC) Teacher Training with Ali Lambie and Vanessa Hope 15th - 21st March 2021



Hosted by Sussex Mindfulness Centre, part of
Sussex Partnership NHS Foundation Trust, at the
beautiful Ammerdown retreat centre near Bath
<http://www.ammerdown.org>

Delivered by the Center for Mindful-Self-
Compassion.

At the completion of this training, participants should be able to:

- Deepen one's personal practice of responding to difficult emotions with mindfulness and compassion
- Summarize current basic theory and research on self-compassion
- Develop the skills necessary to facilitate MSC groups, including how to guide meditation, teach from each participant's direct experience, and facilitate group cohesion
- Identify obstacles to mindful self-compassion practice and strategies for overcoming them
- Embody a mindful and compassionate stance toward students of the MSC program as they confront challenges to their practice

Target Audience:

This 6-day intensive is intended for those who wish to teach the MSC program, those who would like to integrate mindfulness and self-compassion in their ongoing professional activities (i.e., psychotherapy, coaching, nursing, teaching, etc.), and individuals who have a professional interest in the field (i.e. researchers, administrators, etc.).

Cost:

Early bird £290 until 29th June 2020

Single occupancy room: £1,500

Shared (twin or double) occupancy: £1,400

After 30th June 2020 (balance must be paid in full by 1st December 2020)

Single occupancy room: £1,600

Shared (twin or double) occupancy: £1,500

Book your place:

The application process is in **3 stages**:

- 1)** Completion of registration form (from SMC) and payment of £300 deposit to Sussex Mindfulness Centre (SMC). You will be invoiced for the deposit once we have received this form.
- 2)** Completion of the Centre for Mindful Self-Compassion (CfMSC) online application form which will be reviewed by the trainers. You will be sent a link to complete this once the deposit has been received.
- 3)** Provided your application is accepted, you will then be invoiced for payment of the balance to SMC. Once this payment is received, you will receive a confirmation of your place.

Based on pioneering research by Kristin Neff and integrated with the clinical perspective of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult emotions with 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 others, 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 warmhearted, connected, presence during difficult moments in our lives.

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Web: <https://sussexmindfulnesscentre.nhs.uk/events/compassion-oriented-events/>