

# Live Online MSC Core Skills Training with Dr Kristin Neff and Dr Chris Germer

4 sessions: 15<sup>th</sup>, 19<sup>th</sup>, 22<sup>nd</sup>, 26<sup>th</sup> July 2020, 4-7pm BST (UK)



Sussex Mindfulness Centre, in partnership with the Centre for Mindful Self Compassion, is delighted to offer an online Mindful Self-Compassion event, as part of the "Centre for Mindful Self-Compassion World Tour"

<https://sussexmindfulnesscentre.nhs.uk/>  
<https://centerformsc.org/>

This workshop is a 4-session, online introduction to Mindful Self-Compassion (MSC). MSC is an empirically-supported training based on the pioneering research of Kristin Neff and the clinical perspective of Chris Germer. The curriculum has been steadily refined since 2010 and taught to over 100,000 people worldwide.

The event will include 4 x online sessions (Wednesday 15<sup>th</sup> July, Sunday 19<sup>th</sup> July, Wednesday 22<sup>nd</sup> July and Sunday 26<sup>th</sup> July) between 4.00 - 7.00pm UK time. There will also be additional support available between sessions from experienced MSC teachers. A more detailed programme will be available nearer the time.

This event will be run on Zoom. You do not need a Zoom account to access this online event, just a laptop or computer with internet access and a webcam. Once signed up for the event, a link will be sent out to all participants.

**This workshop is an opportunity to immerse yourself in the key practices and exercises of the 8-week programme, from the comfort of your home, taught by the developers of the MSC programme.**

MSC combines the skills of mindfulness and self-compassion to enhance our capacity for emotional wellbeing. Mindfulness is the first step—turning with loving awareness toward difficult experience (emotions, sensations, thoughts). Self-compassion comes next—bringing loving awareness to ourselves. Together, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives and is particularly relevant during these difficult times.

**Ticket price: £240 UK (equivalent to \$300 US)**

**Book your place via Eventbrite: <https://liveonlinemsc-neffandgermer.eventbrite.co.uk>**

**For further information please contact Sussex Mindfulness Centre:**

**Email: [smc@sussexpartnership.nhs.uk](mailto:smc@sussexpartnership.nhs.uk)**

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

**Kristin Neff, PhD**, received her doctorate in Human Development from the University of California at Berkeley in 1997. She is currently an Associate Professor of Human Development and Culture at the University of Texas at Austin. She is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago. In addition to writing numerous academic articles on the topic, she is author of the book "Self-Compassion" (2011). Kristin's work has received extensive media coverage, including the New York Times, MSNBC, National Public Radio, Reader's Digest, and Psychology Today. She offers workshops on self-compassion worldwide, and has developed an eight-week program to help people learn to be more self-compassionate in daily life.

Information on self-compassion - including videos, guided meditations, exercises, research articles, and a way to test your own self-compassion level - is available at Kristin Neff's website: [www.self-compassion.org](http://www.self-compassion.org).

**Christopher Germer, PhD**, is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He is a co-developer (along with Kristin Neff, PhD) and popular teacher of the *Mindful Self-Compassion* program.

Dr. Germer is the author of *The Mindful Path to Self-Compassion*, co-author of *The Mindful Self-Compassion Workbook* and *Teaching the Mindful Self-Compassion Program*, and co-editor of *Mindfulness and Psychotherapy*, and *Wisdom and Compassion in Psychotherapy*.

Dr. Germer gives lectures and workshops on mindfulness and compassion around the world and has a private psychotherapy practice in Massachusetts, USA specializing in mindfulness and compassion-based psychotherapy. [www.chrisgermer.com](http://www.chrisgermer.com)  
[www.centerformsc.org](http://www.centerformsc.org)

## Reading

Chris and Kristin have two new books out. *Teaching the Mindful Self-Compassion Program: A Guide for Professionals* and *The Mindful Self-Compassion Workbook*.

[The Mindful Self-Compassion Workbook](#)

[Teaching the Mindful Self-Compassion Program](#)

