

2-day Core Skills workshop in Mindful Self-compassion with Dr Kristin Neff and Dr Chris Germer Sun & Mon 11-12 July 2021, 9.00am-5.00pm



Paganini Ballroom, Old Ship Hotel,
31-38 Kings Road
Brighton BN1 1NR

Sussex Mindfulness Centre is delighted to host the only UK MSC workshop in 2021 from Kristin Neff and Chris Germer

This Core Skills Workshop (not a retreat) is an opportunity for 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 participating in this workshop, you 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**

Program activities include talks, meditation, experiential exercises, and group discussion. Participants will directly experience self-compassion and learn practices that evoke self-compassion in daily life (and the rationale behind them). This workshop is an introduction to MSC and is not a qualification to teach the 8-week MSC Course which requires further training. **No previous experience with mindfulness or meditation is required to attend the program.**

Cost:

£240 early bird standard ticket (£290 from 18 December 2020)

£190 early bird Trust-employed ticket (£240 from 18 December 2020) for Sussex Partnership NHS Foundation Trust-approved mindfulness teachers, trainers and SPFT advocates (no free places).

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

Book your place via Eventbrite: <https://2daycoreskillsmsciuly2021.eventbrite.co.uk>

E: SMC@sussexpartnership.nhs.uk

T: 0300 304 2057

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

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.

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
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](#)

