

2 day - Core Skills in Mindful Self-Compassion



with **Chris Germer and Vanessa Hope**

22nd and 23rd November 2019

9.30am—5.30pm

Friends Meeting House, Brighton BN1 1AF



About the event

The MSC Core Skills program is a workshop and not a retreat. 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. No previous experience with mindfulness or meditation is required to attend the program.

This Core Skills Workshop allows 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:

- Practice self-compassion in daily life
- Understand the science of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Manage caregiver fatigue
- Practice the art of savouring and self-appreciation
- Teach simple self-compassion exercises to clients

Cost:

- **£150 early bird** for our trust approved mindfulness teachers, trainers and SPFT advocates (no free places). £200 from 1st Jan 2019
- **£200 early bird** for all other applicants. £250 from 1st Jan 2019
- A very small number of bursaries available (rationales for these are requested and bursaries are allocated shortly before the event depending on uptake).

For any enquiries and to request a booking form, please contact us:

E: SMC@sussexpartnership.nhs.uk

T: 0300 304 2057

W: <http://sussexmindfulnesscentre.nhs.uk/>

Self-compassion: What is It?

Self-compassion is the emotional attitude of bringing kindness to ourselves when things go wrong in our lives. Most of us easily treat our friends and loved ones with warmth, tenderness and patience when they struggle, fall short or fail at times in their lives, but we have a much harder time bringing those same qualities of compassion to our own selves in the same situations.

Self-compassion is directed to the one who is suffering, and encourages us to consider the fundamental question of: "What do I need?" By recognizing that difficulty is here (mindfulness), that these things are a part of every human life (common humanity), and connecting with our natural capacity for kindness toward suffering (self-kindness), we can develop healthy and enduring patterns of relating to all the circumstances of life.

Self-compassion: How to Learn It

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who find it embarrassing to be kind to oneself. It's a courageous mental attitude that stands up to harm, including the discomfort that we unwittingly inflict on ourselves through self-criticism, self-isolation, and self-rumination when things go wrong.

Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, and respond to ourselves and others with care and respect, and be fully human.

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



Vanessa Hope has been a practicing yoga and meditation since 1980 and currently studies with a Zen teacher. She previously practised as a Homeopath for 18 years and became a lecturer, supervisor and assessor for both students and practitioners. She now works full-time as a Mindfulness & Mindful Self-compassion Teacher & Trainer.

Since 2001, Vanessa has taught Mindfulness courses for a wide range of groups including over 60s, low-income groups, social workers, council staff, carers, mental health groups and clinical professionals. She is a member of the core team for the Centre for Mindfulness Research and Practice, Bangor and taught on their MSc in Mindfulness-Based Approaches for 5 years. She still facilitates Professional Training Programmes and acts as a supervisor and assessor for them.

Vanessa has always felt kindness and compassion to be at the heart of mindfulness, so in 2014 she trained to teach the Mindful Self-Compassion Course with Christopher Germer and Kristin Neff and is now enjoying this deeply rewarding work as a Teacher Trainer of MSC.

