

Sussex Mindfulness Centre is pleased to present:

MSC Inquiry Workshop for MSC Teachers
From Terror to Delight - exploring the
wonder of inquiry



with Steve Hickman and Vanessa Hope

Sunday 24th February 2019

9.30am—5.30pm



The inquiry workshop is specifically for MSC teachers. Program activities include talks, meditation, experiential exercises, and group discussion.

This programme will enable participants to:

- Develop a greater sense of embodied presence in guiding inquiry in MSC
- Explore the differences between ‘asking’ versus ‘telling’ when engaging in inquiry
- Appreciate the subtleties of inquiry revealed in an embodied approach to inquiry
- Learn new perspectives on approaching inquiry from colleagues in small group and dyadic work
- Deepen the skills of teaching Mindful Self-Compassion

Cost: **£120 early bird (by end November). After that: £140**

Venue: **The Barn, Greencoat Place Conference Centre,
24 Greencoat Place, London, SW1P 1RD**

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/>

The intention of this workshop is to explore the territory of enquiry in MSC in order to develop the capacity to respond more mindfully and compassionately in the crucial moments of engagement with our participants, learning to grow more comfortable with the shifting ground of the unknown in our classes. *If the practice of enquiry is a growing edge for you as a teacher, this workshop is for you.*

We will work experientially, with an emphasis on the exploration of the foundations of enquiry in our own internal conversation and how this translates into the inter-relational space as Loving Connected Presence. We will be exploring teaching in relation to Paul Gilbert's 3 Affect Regulation Systems and learning the art of 'asking' rather than 'telling'.

Participants will practice enquiry together in dyads and small groups before moving into larger groups where they are invited to role play some of the challenges that can arise as they teach.

Our intention is to create a safe and supportive space where teachers can share their insights and their struggles together in recognition of our common humanity, honouring the fact that we are all on a journey with Mindful Self-Compassion.

Steven Hickman, Psy.D., is a Licensed Clinical Psychologist and an Associate Clinical Professor in the UC San Diego Department of Family Medicine & Public Health. His role is to provide oversight, vision, direction and focus for the development and expansion of CMSC around the world. He is also the Director of Professional Training, overseeing the training of teachers from "start to finish" and assuring the highest quality standards and the best possible resources for teaching. Steve is the Founding Director of the [UC San Diego Center for Mindfulness](#), a program of community building, clinical care, professional training and research. He has taught Mindfulness-Based Stress Reduction (MBSR) for 17 years and has trained teachers of MBSR and Mindfulness-Based Cognitive Therapy (MBCT). Steve is an MSC teacher trainer, and leads MSC intensives and workshops around the world.



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.

