

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 intensive course, which runs over seven days, 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 until 17th July 2020

Single occupancy room: £1,400

Shared (twin or double) occupancy: £1,300

After 18th July 2020 (balance must be paid in full by 31st August 2020)

Single occupancy room: £1,700

Shared (twin or double) occupancy: £1,600

Book your place:

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

- 1)** Completion of registration form (from SMC) and payment of £500 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. Once the deposit is paid, you will be provided with a link to complete an online MSC Teacher Training Application including a 200-word essay where you can share your reasons for taking the training.
- 3)** Provided your application is accepted, you will then be invoiced for payment of the balance to Sussex Mindfulness Centre. Once this payment is received, you will receive a confirmation of your place.

Should your application in stage 2 not be accepted, you will be refunded your deposit. Under any other circumstances, your deposit is non-refundable.

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/>