

2 day - Core Skills in Mindful Self-Compassion

Event with Chris Germer and Vanessa Hope

22nd and 23rd November 2019 - 9.30am to 5.30pm

Venue: Friends Meeting House Brighton

The MSC Core Skills program is a workshop and not a retreat. It is also an experiential workshop and can be emotionally activating. Therefore, participants must have the ability to regulate their emotional comfort and safety level during the program.

To be completed by applicant				
Personal Details				
Name:				
Email address:				
Correspondence address:				
Contact Number:				
Please tell us where you heard about these events:				
Are you a Trust Approved Mindfulness Teacher or Advocate?	Yes		No	
Do you work for the Sussex Partnership foundation Trust?	Yes		No	
What is your role / job title				

Cost:

- £150 early bird for our trust approved mindfulness teachers, trainers and SPFT advocates (no free places). Book from 1st January 2019 the cost is £200
- £200 early bird for all other applicants. Book from 1st January 2019 the cost is £250
- A very small number of bursaries available on a first come first served basis – submit your booking form with a short paragraph supporting your request for a bursary.

Please indicate your method of payment:

Cheque ☐ Eventbrite ☐ Invoice/Bank Transfer ☐ Bursary application ☐

- Cheque payable to: Sussex Partnership NHS Foundation Trust
Send to: Psychology and Psychological Therapies, Sussex Partnership NHS Foundation Trust, Aldrington House, 35 New Church Road, Hove BN3 4AG

Please email your completed booking form to: smc@sussexpartnership.nhs.uk

For further Masterclass events visit the Sussex Mindfulness Centre Website:
<http://sussexmindfulnesscentre.nhs.uk/events/masterclasses/> or Telephone: 0300 304 2057

Distribution List

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