

Mindful Self-Compassion Training

“A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.”
Christopher K. Germer, PhD

- ❖ Mindful Self-Compassion is a scientifically supported training program.
- ❖ Self-compassion can be learned by anyone.
- ❖ No previous experience with mindfulness or meditation is required to attend.

For more information and to register for the course, please contact:

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See: www.my-therapy.org.uk

Mindful Self-Compassion (MSC)

MSC is an empirically supported, 8-session training program designed to cultivate the skill of self-compassion. Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships.

Based on Mindfulness teachings and the groundbreaking research of Kristin Neff, Ph.D. and clinical expertise of Christopher Germer, Ph.D., MSC teaches core principles and practices that enable participants to respond to difficult emotions and moments in their lives with kindness, care, and understanding.

Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.

Self-compassion develops a courageous attitude that stands up to harm, including the harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption.

The three key components of self-compassion are:

Self-kindness: Kindness opens our hearts to suffering, so we can give ourselves what we need.

Common humanity: opens us to our essential interrelatedness, so that we know we aren't alone.

Mindfulness: balanced, mindful awareness opens us to the present moment, so we can accept our experience with greater ease.

Together these components of self-compassion comprise a state of warm-hearted, connected presence.

Core Reading for the Training:

It is important that you obtain at least one of these publications prior to the first session.

Germer, C., (2009), *The Mindful Path To Self Compassion: Freeing yourself from Destructive Emotions*'. New York: The Guildford Press.

Neff, K.D., (2011). *'Self-Compassion, Stop beating yourself up and leave insecurity behind'*. New York: Harper Collins.

Participating in MSC training can help you:

- ❖ **Practice self-compassion in daily life.**^[SEP]
- ❖ **Understand the empirically supported benefits of self-compassion.**
- ❖ **Stop being so hard on yourself.**
- ❖ **Respond to feelings of failure or inadequacy with self-kindness.**
- ❖ **Handle difficult emotions with greater ease.**
- ❖ **Motivate yourself with encouragement rather than self-criticism.**
- ❖ **Manage caregiver fatigue.**
- ❖ **Transform challenging relationships.**

What To Expect

MSC training is in a workshop format; activities include meditation, reflection, short talks, individual experiential exercises, group discussion and home practices. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life. With this training, positive change occurs naturally as we develop the capacity to be with ourselves in a kinder, more compassionate way. Some difficult emotions may arise when practicing self-compassion, I am committed to provide a safe, supportive environment for this process to unfold and to make the journey interesting and enjoyable for everyone. Whilst MSC can be therapeutic it is not psychotherapy.

About Mary Younger

I am a Chartered Psychologist, Counselling Psychologist and Registered Psychotherapist. In 2017 I completed a Doctorate on the Cultivation of Mindful Self-Compassion and Contemplative Practice. I have practiced meditation and Mindfulness since 2004 and became qualified Mindfulness Teacher in 2009 (MBSR and MBCT). Since 2012 I have had the good fortune to be trained by the founders of MSC: Kristin Neff, Ph.D and Christopher Germer, Ph.D., and I am qualified to teach MSC courses and workshops.

Prerequisites

MSC Training includes 8 sessions of 2 hours each, in addition to a half-day retreat. Upon registering, participants should plan to purchase at least one of the core texts, attend every session if at all possible and practice mindfulness and self-compassion at least 30 minutes per day throughout the program.

Next Training Program

Monday evenings 7 to 9pm

8 x 2 hour Sessions

Dates to be advised

Cost: £350 (includes 8 sessions, handbook, audio guides, and a half-day retreat). Payment option by 2 installments is available.

CPD qualification: 20 hours

Locations: On-Line and in person at:

The Sanctuary

Retreat Farm Holistic Center

Tofts Chase, Little Baddow

Essex, CM3 4BZ