

MINDFUL SELF-COMPASSION

Newsletter



Give yourself the gift of Mindful Self-Compassion!

"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life"
By Chris Germer

Self-compassion is the ability to care, to soothe and strengthen ourselves when we need it.

Chris Germer & Kristin Neff Speaking about Self-Compassion

Self Compassion and Living Moment to moment with CG (2015, 4 mins) <https://youtu.be/EqWi0QPNTPw>
Mindfulness and Self-Compassion with KN 2013 (21 mins) <https://youtu.be/ggQHhF4CaKQ>



Claire Breen and Peter Powis recently facilitated the first mindful self-compassion course in Africa learning to bring self-kindness in our everyday lives.

Introduction Evening to Mindful Self-Compassion

Date: 18 January 2016

Venue: Tokai Library, Tokai Road., Tokai

Time: 17h30 – 20h30

Cost: R200

For more details contact: claire.breen1@gmail.com

Learn powerful simple tools to promote calm, acceptance, kindness and understanding instead of being so hard on yourself or being perfectionistic

MSC was developed by, Christopher Germer, PhD, leader in the integration of mindfulness and psychotherapy (www.MindfulSelfCompassion.org) and Kristin Neff, PhD, pioneering researcher in the field of self-compassion (www.Self-Compassion.org). MSC combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. Mindfulness is the first step in emotional healing - being able to turn toward and acknowledge our difficult thoughts and feelings with a spirit of openness and curiosity.

Self-Compassion is revolutionizing self-care and emotional skills in psychology

Compassion has great power to transform. Learn how to transform stress, anxiety, depression, pain and low self-worth - the symptoms of living a pressured life.

The program consists of more than 30 easy, simple ways to soothe and calm ourselves in times of stress while increasing our ability to resolve challenges and to enjoy life. This skill can be learnt by anyone. It is easier than you think.

This 8-week program teaches skills to:

- Learn how to handle difficult emotions with self-kindness
- Stop being so hard on yourself
- Learn how to motivate yourself with encouragement rather than criticism
- Forgive yourself
- Learn how to transform challenging relationships
- Learn tools to manage empathy fatigue or burn-out
- Care for others while caring for yourself
- Learn self-compassion skills for everyday life

Rapidly expanding research finds the practice of Mindful Self-Compassion promotes better health, well-being, satisfying relationships and higher functioning at home and in the work place. More specifically:

- Reductions in: anxiety, depression, stress, rumination, perfectionism, body-shame, fear of failure
- Increases in: life satisfaction, happiness, self-confidence, optimism, curiosity, creativity, gratitude

What to Expect

MSC is different from therapy as the emphasis is on skill building rather than addressing old wounds. Nonetheless, psychological healing happens, as we develop the capacity to be with our difficulties and with ourselves, in a loving and compassionate way. The goal is for participants to directly experience and learn practices that evoke self-compassion in daily life.

Who is it for?

This program was designed for everyone; however, the program has been very popular amongst professionals who wish to integrate self-compassion in their personal life and in their work practices. Meditation experience is not necessary to participate in this program.

Training content

Program activities include guided meditations, visualizations, talks, experiential exercises, group discussion, strategies, and suggested home practices.

MSC is an experiential 8-week journey with a half-day retreat - an adventure in self-discovery and self-kindness - offering periods of instruction and periods of practice. Self-Compassion is easier than you think and it could change your life.

"Each new moment presents an opportunity for a radically different way of being. We can embrace both with joy and sorrow of being human, and by so doing so we can transform our lives". Kristin Neff.

FACILITATORS CONTACT DETAILS



Claire Breen, Educational Psychologist, 082 066 2212 or 021 794 5477

Claire.breen1@gmail.com

Trained in Mindful Self-Compassion by Kristin Neff and Chris Germer and MBCT Teacher.

Claire is an educational psychologist and trained as a teacher of Mindful Self-Compassion with the MSC team including Kristin Neff, Chris Germer, University of California San Diego. She also trained as a teacher of Mindfulness-Based Cognitive Therapy (MBCT), Trigonos, Bangor University. She is specializing in Mindfulness and Compassion-based psychotherapy and is applying this groundbreaking new research to her practice. She runs regular 8-week programs and plans to run programs for professionals and corporate stress, parents, community-based projects and the general public. She has 25 years' experience in private practice and is particularly enthusiastic about the integration of compassion with spirituality and energy work. She enjoys being in Nature, stillness, silence, simplicity, spaciousness and lightness.



Peter Powis, Clinical Psychologist, 083 444 9397 or 021 712 2063

Peterpowis1@gmail.com

He co-founded and was Clinical Director of Stepping Stones Treatment Centre.

Peter has been a clinical psychologist for more than 3 decades and has worked mainly with people in recovery from addictions and co-dependence, as well as other areas of anxiety/stress, relationships and psycho-spiritual growth. He co-founded and was Clinical Director of Stepping Stones Treatment Centre for 12 years where he introduced thousands of people to basic meditation and helped them explore their spirituality in a way that added direction and meaning to their recovery. He has a particular interest in the interface between psychology and spirituality, as well as positive strength building practices, which enhance resilience and personal growth as well as growth in human systems.

He is currently in private practice, runs workshops and consults to various health organizations.

Date: 25 January - 14 March 2016

Time: 17h30 – 20h30

Half-Day Retreat: 5 March 09h30 – 13h00

Venue: Tokai Library, Tokai Road, Tokai

Cost: R4,800 (Costs partially covered by Medical Aid depending on your benefits available) (A non-refundable **admin deposit** of R1,500 is required to secure your place on the programme after you have been approved). (The full balance of payment is then due prior to the start of the programme)

Bookings: Claire.breen1@gmail.com (Save this E-mail Address to your Contacts List)

"May the light of your soul guide you;

May the light of your soul bless the work that you do with the secret love and warmth of your heart;..."

By John O' Donohue

"Please forward this brochure to other interested people"

(A PDF version is attached for your convenience)