

# Mindful Self-Compassion 5-day intensives

## Mindful Self-Compassion (MSC)

Mindful Self-Compassion training teaches us how to develop the warm-hearted, connected presence we need during moments of difficulty. Self-compassion provides the emotional strength and resilience needed to offer ourselves the same kindness and understanding we would offer a good friend. With self-compassion we can motivate ourselves with encouragement, forgive ourselves when needed, face and befriend our shortcomings, care for others while caring for self, and live more authentically. Research shows that self-compassion is strongly associated with emotional well-being, lower levels of anxiety and depression, healthy habits such as diet and exercise and more satisfying personal relationships.

### In this course you will:

- Practice mindfulness and self-compassion skills for daily life
- Learn about the science of self-compassion
- Learn how to meet difficult emotions with greater ease
- Learn how to motivate yourself with kindness rather than criticism
- Learn how to transform challenging relationships, old and new
- Experience and learn tools to manage empathy fatigue
- Practice the art of gratitude, savouring and self-appreciation
- This program fulfils one of the prerequisite for becoming a MSC teacher. The next MSC Teacher training is in February in Singapore (Tina is one of the teacher trainers)

MSC is a resource building, empirically supported training program developed by Dr's Christopher Germer and Kristin Neff. It is an experiential journey — an adventure in self-discovery and self-kindness, offering periods of instruction, contemplation and periods of practice. The intention of MSC is to teach participants workable ways to **be** self-compassionate rather than teaching about self-compassion. This enables a shift from the cognition to the felt sense of living a balanced compassionate life.

Self-Compassion can be learned by anyone, even those of us who did not learn these skills as children. The key is to be a slow learner, allowing the pace of learning itself to be compassionate.

### Recommended readings:



Copies of Germer and Neff's books will be available for loan or purchase during the MSC intensive. Reading them is recommended but not required.

*Self-Compassion: The Proven Power of Being Kind to Yourself*,  
by Kristin Neff

*The Mindful path to Self-Compassion*, by Christopher Germer



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## Meet your teachers:

The Centre for Mindful Self-Compassion (CMSC) only endorses Certified MSC Teachers to lead MSC Intensives. This is because it takes considerable skill and familiarity with MSC to lead programs in an intensive format.

**Tina Gibson** was granted Certification in 2015, by the Mindfulness-Based Professional Teaching Institute (MBPTI), University of California San Diego (UCSD). She is the only MSC Teacher Trainer and Teacher Mentor in Australia.

**Emma Willoughby** co-teaches with Tina, she is a trained Social Worker and an experienced MSC teacher.

Both Tina and Emma have a unique gift of holding a safe and nurturing space. They bring their honesty, warm humour and most importantly they listen deeply and practices what they teach.

## Format of the 5-day intensives at the Sophia venue:

The non-residential intensive at the beautiful and restorative Sophia venue follows the structure of the 8-week program. The first session is offered on the Thursday evening, 2-sessions are then taught each day: Friday, Saturday, Sunday and Monday.

The days are from 9:30am to 4:30pm (12:30 – 1:30 lunch break), with a session in the morning and then one in the afternoon, except for Sunday which is 9am – 5pm. Herbal teas and light refreshments in the morning and afternoon breaks. Participants need to bring their own lunch. There is a full kitchen at the venue.

The Sunday starts a little earlier as this morning is a 4-hour retreat session. The retreat is dedicated to practicing the formal and informal MSC meditations in silence. Your two teachers will be leading the meditations and the environment is one of simply enjoying being gently led through the practices with no need for discussion in between them. Refreshments and morning tea are provided and are part of the practice.

## What is provided:

You will be given a copy of the new MSC Workbook. Herbal teas and morning and afternoon tea are also provided.

## What to bring

Beginner's mind, anything to assist you feel comfortable, your lunch for each of the full days and a journal and pen.

