

ORGANIZER:

3-Day Workshop on Mindful Self-Compassion (MSC):

MSC Core Skills Training &

The Application of Mindful Compassion in Psychotherapy

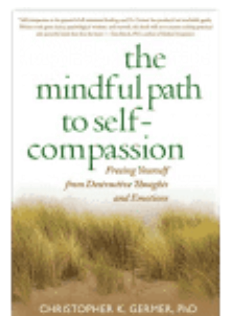
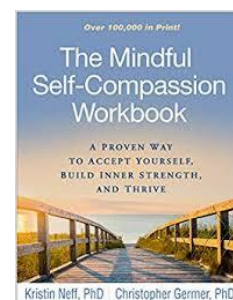
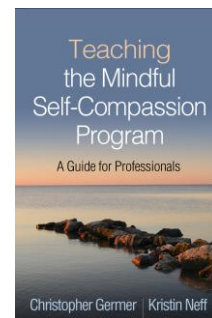


Dr. Christopher Germer, PhD

- ✧ Clinical Psychologist and Lecturer on Psychiatry (part-time) at Harvard Medical School
- ✧ Co-developer of the Mindful Self-Compassion (MSC) Program
- ✧ Founding Faculty Member of the Institute for Meditation and Psychotherapy as well as the Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School
- ✧ Author of “*The Mindful Path to Self-Compassion*” and Co-author of “*Teaching the Mindful Self-Compassion Program*” and “*The Mindful Self-Compassion Workbook*”; Co-editor of “*Mindfulness and Psychotherapy*” and “*Wisdom and Compassion in Psychotherapy*”

Early Bird Deadline : 15 December 2019

Date	:	20 – 22 February 2020 (Thu – Sat)
Time	:	10:00am – 5:30pm (registration starts at 9:45am)
Venue	:	To be announced



ORGANIZER:



聯合情緒健康教育中心
United Centre of Emotional Health and Positive Living

隸屬於基督教聯合那打素社康服務
Sub-organization of United Christian Nethersole Community Health Service

Three-Day Workshop on Mindful Self-Compassion (MSC):

MSC Core Skills Training &

The Application of Mindful Compassion in Psychotherapy

By Dr. Christopher Germer

Clinical Psychologist

Lecture on Psychiatry (part-time) at Harvard Medical School

Co-developer of the Mindful Self-Compassion (MSC) Program

Founding Faculty Member of the Institute for Meditation and Psychotherapy, and
the Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School

This workshop is an introduction to Mindful Self-Compassion (MSC), an empirically-supported training program based on the pioneering research of Dr. Kristin Neff (University of Texas) and the clinical perspective of Dr. Christopher Germer.

MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, 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 our essential interrelatedness, 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 warm-hearted, connected presence.

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who feel uncomfortable when they are good to themselves. It's 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.

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. 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.

After participating in this workshop, you'll be able to:

- Practice self-compassion in daily life
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Understand the empirically-supported benefits of self-compassion
- Enhance the therapeutic relationship through compassion and self-compassion practices during the clinical hour.
- Describe the neurobiology of empathic distress and apply self-compassion to alleviate empathy fatigue.
- Describe unique challenges and opportunities for trauma survivors in compassion-based treatment.
- Identify the emotion of shame in psychotherapy and apply a positive, compassionate-based approach to working with shame
- Teach clients self-compassion techniques that emerge seamlessly from therapy and can be practiced at home.

What To Expect

Program activities include meditation, short talks, 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. This workshop is an experiential journey that entails a variety of challenges. Compassion has the effect of soothing and comforting us as it paradoxically opens us to emotional discomfort. While some difficult emotions can be expected to arise while practicing self-compassion, this workshop is designed to be safe, meaningful, and enjoyable for everyone. For more on MSC, please go to www.CenterForMSC.org

Prerequisites

No previous experience with mindfulness or meditation is required to attend the program. It is recommended, but not necessary, that participants read one of following books beforehand.

- *The Mindful Self-Compassion Workbook*, by Kristin Neff & Christopher Germer
- *The Mindful Path to Self-Compassion*, by Christopher Germer
- *Self-Compassion: The Proven Power of Being Kind to Yourself*, by Kristin Neff

About The Trainer



Dr. Christopher Germer, PhD is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He is a co-developer of the [Mindful Self-Compassion \(MSC\)](#) program, which has been taught to over 50,000 people around the globe, and author of [The Mindful Path to Self-Compassion](#) and co-author of [Teaching the Mindful Self-Compassion Program](#) and [The Mindful Self-Compassion Workbook](#). He is also a co-editor of [Mindfulness and Psychotherapy](#) and [Wisdom and Compassion in Psychotherapy](#). Dr. Germer is a founding faculty member of the [Institute for Meditation and Psychotherapy](#) as well as the [Center for Mindfulness and Compassion, Cambridge Health Alliance, Harvard Medical School](#). He teaches and leads workshops internationally on mindfulness and compassion, and has a private practice in Arlington, Massachusetts, USA specializing in mindfulness and compassion-based psychotherapy.

Websites: <https://chrisgermer.com/> <https://centerformsc.org>

Three-day workshop on Mindful Self-Compassion (MSC)

Date: 20 – 22 February 2020 (Thu-Sat) **Time:** 10:00am – 5:30pm

Venue: To be announced

Accreditation from Professional Bodies (In progress)

REGISTRATION

Please return the completed form with a cheque made payable to **United Christian Nethersole Community Health Service** and mail to United Centre of Emotional Health and Positive Living, 5/F, Block J, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon, Hong Kong

Enquiry: 2349-3212

Email: info.ucep@ucn.org.hk

Website: www.ucep.org.hk

Title: Prof. Dr. Mr. Ms. Miss Other (pls specify) _____

^Name:

_____ (Last name)

_____ (Given Name)

^Please give your name you wish to be printed on the "Attendance Certificate"

Occupation: Psychologist Social Worker Counselor Doctor
Nurse Teacher Researcher
Occupational Therapist Physiotherapist
Others (please specify): _____
Full-time Student# Part-time Student#

student who is studying undergraduate or post-graduate program at university in a full-time or part-time mode, please send a copy of your student card together for verification.

For student, which program are you studying? _____

Job Title: _____

Organization: _____

Address: _____

Phone: _____ **Email :** _____

Fees: Early Bird Registration (Deadline 15 Dec 2019) HK\$4,320
Standard Registration (Deadline 8 Feb 2020) HK\$4,800
Full Time Student (Deadline 15 Dec 2019) HK\$2,400 (Limited Quota)
Part Time Student (Deadline 15 Dec 2019) HK\$3,360 (Limited Quota)

I know this program from: via UCEP promotion (email/ website/ Facebook/ other*)
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I **do/ do not*** wish to be contacted by UCEP through email / direct mail / phone calls* for any direct marketing purposes of events and professional trainings in the future. UCEP shall not so use your personal data without your consent. (*please delete as inappropriate)

Signature: _____ **Date:** _____