

Organizers:



2-day Workshop

on

“Mindful Self-Compassion: Core Skills Training”

Trainer

Dr. Christopher Germer

Clinical Psychologist

*Clinical Instructor in Psychology, Harvard Medical School
Founding Member, Institute for Meditation and Psychotherapy*

26-27 September 2014 (Friday & Saturday)

at The University of Hong Kong

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
- Understand the empirically-supported benefits of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Manage caregiver fatigue
- Teach self-compassion exercises to clients

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

About the Trainer:

Christopher K. Germer, PhD is a clinical psychologist in private practice, a clinical instructor in psychology at Harvard Medical School, and a founding faculty member of the Institute for Meditation and Psychotherapy. He leads workshops internationally on mindfulness and self-compassion. Dr. Germer is author of *"The Mindful Path to Self-Compassion"*, and co-editor of *"Mindfulness and Psychotherapy"* and *"Wisdom and Compassion in Psychotherapy"*.

Website: www.MindfulSelfCompassion.org



Details of the 2-day Workshop (Mindful Self-Compassion):

Date: 26-27 Sep 2014 (Friday & Saturday)

Time: 9:30am – 5:30pm (registration starts at 9:10am)

Venue: The University of Hong Kong
(Function Room, 11/F, The Jockey Club Tower, Centennial Campus)

Fee: ● Standard Fee - HK\$2,200

● Full-time Student - HK\$1,100

Registration Deadline: 20 Sep 2014

Accreditation from Professional Bodies (In progress)

