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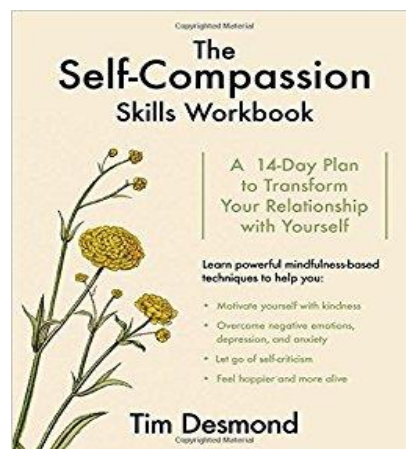
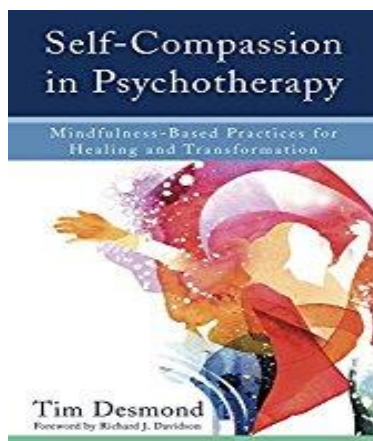
Clinical Psychology Service  
Kowloon East Cluster, Hospital Authority

# Three-Day Workshop on Self-Compassion in Psychotherapy: Mindfulness-based Practices for Healing and Transformation



## Mr. Tim Desmond

- ✧ Psychotherapist, student of Zen Master Thich Nhat Hanh
- ✧ Co-founder of Morning Sun Mindfulness Centre
- ✧ Faculty Scholar at Antioch University New England
- ✧ Author of Self-Compassion in Psychotherapy and The Self-Compassion Skills Workbook



### Early Bird Deadline : 01 Oct 2018

<b>Date</b>	:	<b>06 - 08 December 2018 (Thu - Sat)</b>
<b>Time</b>	:	<b>9:30am – 5:30pm (registration starts at 9:10am)</b>
<b>Venue</b>	:	<p><b>Day 1: The Boys' &amp; Girls' Clubs Association of Hong Kong, <u>Room 501</u>, 3 Lockhart Road, Wanchai, HK</b></p> <p><b>Day 2: The Hong Kong Council of Social Service, <u>Room 202</u>, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, HK</b></p> <p><b>Day 3: The Hong Kong Council of Social Service, <u>Room 201</u>, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, HK</b></p>

Enquiry: 2349-3212

Email: [info@ucep.org.hk](mailto:info@ucep.org.hk)

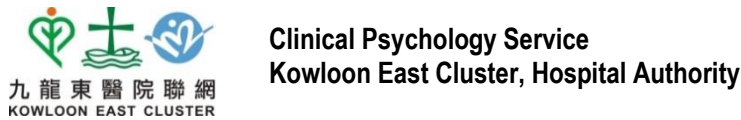
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# Three-Day Workshop on Self-Compassion in Psychotherapy: Mindfulness-based Practices for Healing and Transformation

By Mr. Tim Desmond

Psychotherapist, student of Zen Master Thich Nhat Hanh  
Faculty Scholar at Antioch University New England, Co-founder of Morning Sun Mindfulness Centre  
Author of Self-Compassion in Psychotherapy and The Self-Compassion Skills Workbook

Date: 06 - 08 December 2018 (Thu - Sat) Time : 9:30am – 5:30pm

Venue : Day 1: The Boys' & Girls' Clubs Association of Hong Kong, Room 501,  
3 Lockhart Road, Wanchai, HK

Day 2: The Hong Kong Council of Social Service, Room 202,  
Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, HK

Day 3: The Hong Kong Council of Social Service, Room 201,  
Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, HK

Mr. Tim Desmond is a Psychotherapist and the author of Self-Compassion in Psychotherapy and The Self-Compassion Skills Workbook. Mr. Desmond's workshop on "*Self-Compassion in Psychotherapy – Mindfulness-based Practices for Healing and Transformation*" will be held on 06 - 08 December, 2018.

This workshop integrates mindfulness and compassion meditation with cutting-edge science from several distinct fields—including neurobiology, cognitive neuroscience, psychotherapy outcome research, and positive psychology—to explain how clinicians can help clients develop a more loving, kind, and forgiving attitude through self-compassion. The workshop is highly interactive with many opportunities for case consultation, role-plays, and demonstrations.

You will learn **Dialogue-Based Mindfulness**, a technique developed by the presenter, which utilizes verbal feedback from the client *during the exercise* in order to create custom-tailored meditation instructions. You will also learn **8 Core Skills for Self-Compassion**, and how to incorporate them into therapy.

The practice of self-compassion supports effective therapy in two vital ways: (1) It helps clients become a source of compassion for themselves; and (2) it helps therapists be happier and generate more compassion for their clients.

Researchers now understand that self-compassion is a skill that can be strengthened through deliberate practice, and that it is one of the strongest predictors of mental health and wellness. The brain's compassion center, which neuroscientists call the Care Circuit, can be targeted and fortified using specific techniques.

### **Day 1: Present Moment**

On the first day, the focus will be on self-compassion in the present moment for both relieving stress and improving wellbeing.

### **Day 2: Healing the Past**

On the second day, the focus will be on utilizing self-compassion to heal pain and trauma (including PTSD) from the past.

### **Day 3: Special Cases**

On the third day, the focus will be on special cases, such as clients with addictions, psychosis, and severe self-criticism.

Participants do not need to have any background in mindfulness in order to benefit from this workshop. However, those that do will find that self-compassion practices have the capacity to add new layers of depth to mindfulness-based therapies such as Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Mindfulness-Based Stress Reduction (MBSR), and Mindfulness-Based Cognitive Therapy (MBCT).



### **About The Trainer**

**Tim Desmond** is a psychotherapist, student of Zen Master Thich Nhat Hanh, Co-founder of Morning Sun Mindfulness Centre, Faculty Scholar at Antioch University New England, and author of *Self-Compassion in Psychotherapy* and *The Self-Compassion Skills Workbook*. In 2005, Tim was ordained by Thich Nhat Hanh into the Order of Interbeing after many years of practicing in that tradition. In addition to the tradition of Thich Nhat Hanh, Tim teaches Nonviolent Communication and Positive Psychology. He travels regularly, conducting numerous workshops and courses on mindfulness and self-compassion practices to professional and popular audiences, including Yale Medical Center and the Institute for Meditation and Psychotherapy.

## **Three-day workshop on Self-Compassion in Psychotherapy**

**Date:** 06-08 Dec 2018 (Thu – Sat) **Time:** 9:30am – 5:30pm  
**Venue:** Day 1: The Boys' & Girls' Clubs Association of Hong Kong  
Day 2 & Day 3: The Hong Kong Council of Social Service  
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.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 01 Oct 2018)	<input type="checkbox"/>	HK\$4,050
Standard Registration (Deadline 24 Nov 2018)	<input type="checkbox"/>	HK\$4,500
Full Time Student (Deadline 31 Oct 2018)	<input type="checkbox"/>	HK\$2,250 (Limited Quota)
Part Time Student (Deadline 31 Oct 2018)	<input type="checkbox"/>	HK\$3,150 (Limited Quota)

**I know this program from:**

- via UCEP promotion (email/ website/ Facebook/ other\*)
- via HA promotion (email/ other\*)
- via Accreditation Body \_\_\_\_\_
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- Other \_\_\_\_\_

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:** \_\_\_\_\_