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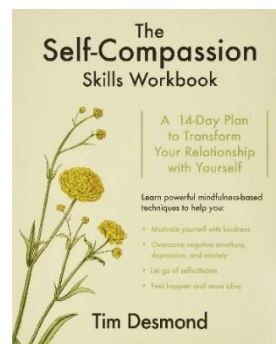
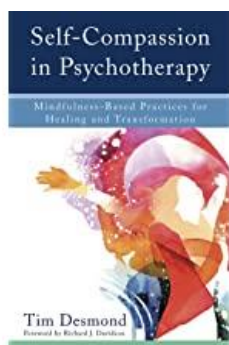
Three-Half-Day Workshop on Self-Compassion in Psychotherapy:

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



Workshop Details

Date :	8th, 15th & 22nd January 2022 (Saturday)
Time :	9:00am – 1:00pm (registration starts at 8:30am)
Format :	Three-Half-Day Virtual Workshop (Zoom)
Fee :	HKD \$2,950 (Standard) HKD \$2,500 (Early Bird)

Limited Quota

Early Bird Deadline:

20 Nov 2021



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

By Mr. Tim Desmond

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

Mr. Desmond's workshop on **"Self-Compassion in Psychotherapy – Mindfulness-based Practices for Healing and Transformation"** will be held on **8th, 15th, 22nd** **January, 2022**.

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.

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).



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Time: 9:00am – 1:00pm (registration starts at 8:30am)
Format: Zoom - Three-Half-Day Virtual Workshop

REGISTRATION FORM

Please return the completed form with a cheque made payable to **United Christian Nethersole Community Health Service** and

mail to Emotional Health & Counselling Service, 5/F, Block J, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon, Hong Kong

Enquiry: 2349-3212 / WhatsApp: 9260-4132 Email: info.ehcs@ucn.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): _____

Organization: _____

Postal address: _____

Contact Number: _____ **Email :** _____

Fees: Early Bird Registration (Deadline 20 Nov 2021) HK\$2,500 (**Limited Quota**)
Standard Registration (Deadline 18 Dec 2021) HK\$2,950

****Participants who are successfully enrolled this workshop will receive confirmation e-mail in the week of 29 November, 2021**

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 via Accreditation Body _____
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 Other _____

I **do/ do not*** wish to be contacted by EHCS through email / direct mail / phone calls* for any direct marketing purposes of events and professional trainings in the future. EHCS shall not so use your personal data without your consent. (*please delete as inappropriate)

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