

Restorative Counselling

About The Mindful Self-Compassion 8-Week Course

Mindful Self-Compassion Training

As many of you know, I have recently returned from MSC teacher training in Amsterdam. Now that I am home, I am pleased to invite you to participate in a phenomenal and life-changing opportunity. The Mindful Self-Compassion (MSC) program was developed by Kristin Neff, a pioneering researcher in the field of self-compassion (Self-Compassion.org) and Christopher Germer <http://www.mindfulselfcompassion.org/>. Research has shown that self-compassion greatly enhances emotional wellbeing. It boosts happiness, reduces anxiety and depression, and can even help maintain healthy lifestyle habits such as diet and exercise.

Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention whenever you needed it most? All that's required is shift in the direction of our attention—recognizing that as a human being, you, too, are a worthy recipient of compassion.

In this program, you'll learn:

- how to stop being so hard on yourself
- how to handle difficult emotions with greater ease
- how to motivate yourself with encouragement rather than criticism
- how to transform difficult relationships, both old and new
- mindfulness and self-compassion practices for home and everyday life
- the theory and research behind mindful self-compassion
- how to become your own best teacher

A randomized, controlled trial demonstrated that the MSC program significantly increased self-compassion, compassion for others, mindfulness, and life satisfaction, as well as decreased depression, anxiety and stress. Improvements were linked to how much a person practiced mindfulness and self-compassion in their daily lives. MSC was built on the foundation of Jon Kabat-Zinn's 8-week Mindfulness-Based Stress Reduction (MBSR) course that has been running for 30 years and has a host of peer reviewed supportive research describing gains in various domains of life.

Here is a link to a Ted Talk by Kristin Neff on Mindfulness and Self-Compassion

https://www.youtube.com/watch?feature=player_embedded&list=UUPfDETMabmiBHjNrPPHIF5A&v=qqQHhF4CaKQ

And a talk on Compassion Based-Therapy

http://youtu.be/Ld_RbajBbE4

Here is a link to a Ted Talk by Kristin Neff talking about self-compassion

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<http://youtu.be/lvtZBUSplr4>

How to Register

Step 1 Space is limited, so if you are planning on enrolling for this 8 week MSC course, you can visit www.restorativecounselling.com Select the [“Groups and Workshops” page](#) to register.

Step 2 Indicate if you are interested in the:

Wednesday evenings 6:30-9:00 pm September 2, 2015 – October 21, 2015 round

(1/2 Day Silent Meditation retreat would be Sunday October 11 from 9:30am-1:30pm)

or

October 28- December 16, 2015 Round (*Tentatively booked 6:30-9 on Wednesday Evenings, but possibility of Thursdays instead if that is indicated as preference).

Step 3 I will email you back to let you know if there is still space. Once you receive confirmation, you can make payment.

Step 4 It is suggested (but not required) that you read either Kristin Neff’s book <http://www.amazon.ca/Self-Compassion-Beating-Yourself-Insecurity-Behind/dp/0061733512> or Chris Germer’s book http://www.mindfulselfcompassion.org/publications_books.php#mindfulpath prior to the course to get the most out of it. Kristin’s book is more casual, an easier read with personal examples of her own journey whereas Christopher’s book is a bit more theoretical and delves into psychotherapeutic workings of the program.

Payment

If you are able to pay the full fee right away (\$525), there is an option on the drop down menu on the HOME PAGE of [Restorative Counselling’s website](#) Alternately, you can call me directly (250) 619-0901 to make an arrangement for a payment plan. For those with extended benefits, please speak to me directly about qualification for reimbursement at 250-619-0901

Waitlist

How wonderful! The first round (September 2-October 21) has generated lots of interest in our community! This means that we will see an increase in people feeling more at ease in their lives 😊

These seats will be secured on a first-come-first-serve basis, once payment or deposit has been made. I hope to see you there.