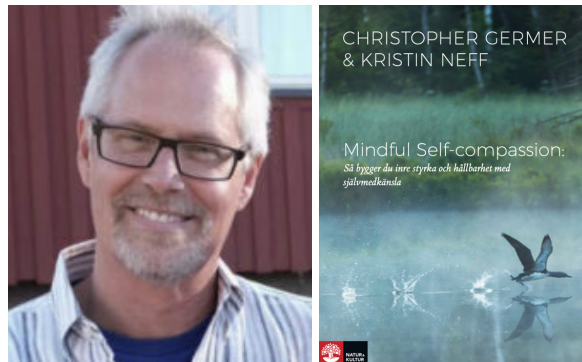




Mindful Self-Compassion, MSC
Core Skills Training
with world known pioneer Chris Germer
April 4-5th
Ersta Konferens, Stockholm
This workshop is for anyone



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

MSC combines the skills of mindfulness and self-compassion to enhance our capacity for emotional wellbeing. Mindfulness is the first step—turning with loving awareness toward difficult experience (emotions, sensations, thoughts). Self-compassion comes next—bringing loving awareness to ourselves. Together, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives.

Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. It is an inner strength that enables us to be more fully human—to acknowledge our shortcomings, learn from them, and make necessary changes with an attitude of kindness and self-respect.

Course intention

- Practice self-compassion in daily life
- Understand the science of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Manage caregiver fatigue
- Practice the art of savoring and self-appreciation
- Teach simple self-compassion exercises to clients

Find out more about this workshop visit www.cfms.se

Hear him also at Natur och Kultur April 3rd at 1 pm to 4 pm – find out more www.nok.se