

MSC 5-day intensives

With Tina Gibson

Mindful Self-Compassion (MSC)

Mindful Self-Compassion training teaches us how to develop the warm-hearted, connected presence we need during moments of difficulty. Self-compassion provides the emotional strength and resilience needed to offer ourselves the same kindness and understanding we would offer a good friend. With self-compassion we can motivate ourselves with encouragement, forgive ourselves when needed, face and befriend our shortcomings, care for others while caring for self, and live more authentically. Research shows that self-compassion is strongly associated with emotional well-being, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships.

And, self-compassion is a skill that can be learned and cultivated by anyone through Mindful Self-Compassion Training.

In this course, you will:

- Practice mindfulness and self-compassion in daily life
- Learn about the science of self-compassion
- Learn how to handle difficult emotions with greater ease
- Learn how to motivate yourself with kindness rather than criticism
- Learn how to transform challenging relationships, old and new
- Learn tools to manage empathy fatigue
- Practice the art of gratitude, savouring and self-appreciation

This program is an intensive skills training program. It is a condensed version of the eight-session, empirically supported Mindful Self-Compassion training developed by Christopher Germer and Kristin Neff. MSC is an experiential journey — an adventure in self-discovery and self-kindness – offering periods of instruction and periods of practice. Self-Compassion can be learned by anyone, even those of us who did not learn these skills as children. This program fulfils a prerequisite for becoming a MSC teacher.

Recommended readings:

It is recommended, but not required, that participants read the following books before or during the program, I have copies available for loan or purchase:

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



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About the facilitators:

The Centre for Mindful Self-Compassion (CMSC) only endorses Certified MSC Teachers to lead MSC Intensives. This is because it takes considerable skill and familiarity with MSC to lead programs in an intensive format. Tina Gibson was granted Certification in 2015, by the Mindfulness-Based Professional Teaching Institute (MBPTI), University of California San Diego (UCSD). For the 5-day intensives Tina will have an assistant teacher. This will be someone who is trained in MSC and also has skills in group facilitation and counseling.

Format of the 5-day intensives at the Sophia venue:

The intensives at the beautiful and restorative Sophia venue follow the structure of the 8-week program, with each of the 8-sessions being delivered over the 4 full days, Friday, Saturday, Sunday & Monday.

These four days are then followed by a full retreat day approximately a fortnight later also at the Sophia venue.

The days are from 10am to 4pm (12:30 – 1:30 lunch break). Lunch and all refreshments are provided on the four full days, with refreshments and afternoon tea provided on the retreat day.

Format of the 5-day intensives, retreat style:

When done in a live-in retreat style the retreat day is woven into the 5 consecutive days between session 5 & 6. The live-in retreat style intensives are all inclusive of accommodation, meals etc. so the costs will vary.

Next 5-day intensive:

To organize Tina to facilitate an intensive for your organization or to find out more about intensives coming up please either view the [Adelaide Mindfulness](http://AdelaideMindfulness.com) web site or contact me directly.

With much kindness, Tina Gibson

043-328-007

