

# Mindful Self-Compassion (MSC)

This proven workshop consists of didactic and experiential training exercises in mindfulness and self-compassion to improve both our personal and professional lives.

Rapidly expanding research shows that mindfulness and self-compassion are strongly associated with emotional well-being, lower levels of anxiety, pain and depression, better healthy habits such as diet and exercise, more satisfying personal relationships and enhanced self-care.



## Mindful Self-Compassion 5-Day Program

Day 1: Definition and research findings on self-compassion. Followed by advance knowledge of mindfulness, pragmatic tools, and formal/informal practices

Day 2: Benefits and further research/applications of loving-kindness plus self-compassion in daily life. Followed by exploring our inner critics and ways to cultivate a compassionate inner voice

Day 3: Using mindfulness and self-compassion to explore values, strengths and potential silver-linings in times of crisis/challenges, to promote growth. Followed by practices and tools to deal with difficult emotions including shame.

Day 4: Dealing with difficult relationships: care giver fatigue, anger, forgiveness of others/self. Followed by a mini-retreat in the afternoon of MSC guided-meditations.

Day 5: Embracing your life and hard wiring gratitude and appreciation

Presented by leading Australian senior certified MSC teachers, John Julian, Social Worker and Marie Bloomfield, Clinical Psychologist, both of whom have taught Mindfulness and Self-Compassion for professionals and the general community for the last 15 years in Australia. They will be assisted by local resident, Petrina Longworth. John is a psychotherapist and Marie is a registered clinical psychologist. Both are Medicare providers with 40 years each of extensive experience in mental health in the public, corporate, academic and private sectors. John and Marie were amongst the first trained and fully certified Mindful Self-Compassion teachers on the planet and combined, have presented over 100 MSC programs. People on low incomes should contact John directly at [john.julian56@gmail.com](mailto:john.julian56@gmail.com)

## Mindful Self-Compassion 5-Day Workshop

Date: 29 April-3 May 2020 (9:00am-4.45pm) Finish at 1pm on last day

Venue: Carrington Community Centre, 1 Hargrave Street, Carrington, NSW 2294 Cost:

Early bird (29 March): \$790.00

Regular: \$870.00

For more information email [john.julian56@gmail.com](mailto:john.julian56@gmail.com)

or to register visit <https://www.eventbrite.com.au/e/mindfulness-and-self-compassion-5-day-intensive-tickets-78553849679>