

Christopher Germer, Ph.D.

Harvard Medical School, Boston MA

Mindful Self-Compassion (MSC):
Core Skills for Mental Health Professionals

24.-26.April 2014

Hotel Park, Weggis

*„For someone to develop genuine compassion towards others,
first he or she must have a basis upon which to cultivate compassion,
and that basis is the ability to connect to one's own feelings
and to care for one's own welfare...*

Caring for others requires caring for oneself.“

~ Tenzin Gyatso, the 14th Dalai Lama ~

Detailed information:

www.achtsamkeitundselbstmitgefuehl.ch

Person in charge and organisation:

Regula Saner - Dipl. Psych. - Psychotherapeutin SBAP. - Zentrum für Achtsamkeit/MBSR - Hirschgässlein 44 -
4051 Basel - +41 61 274 00 36 - info@achtsamkeitundselbstmitgefuehl.ch - www.mbsr-zentrum-basel.ch

This workshop presents the theory and core practices of the empirically-supported, 8-week Mindful Self-Compassion (MSC) training, a structured program specifically designed to help people become more self-compassionate.

Self-compassion is the capacity to treat ourselves with the same kindness and respect as we would treat someone whom we truly love when they suffer, fail or feel inadequate.

Research has shown that self-compassion reduces anxiety and depression, boosts emotional resilience and wellbeing, and helps individuals maintain a healthy lifestyle.

Fortunately, self-compassion can be learned by anyone.

The workshop consists primarily of experience-based learning, including meditation, lecture, group exercises, and discussion. It is a journey of self-discovery and self-kindness.

Participants will learn:

- what self-compassion is and isn't
- how to enhance mindfulness with self-compassion
- how to motivate oneself with kindness rather than criticism
- the art of loving-kindness meditation
- how to handle difficult emotions with greater ease
- how to transform challenging relationships
- how to integrate self-compassion into clinical practice
- how to enhance one's own health and wellbeing

Christopher K. Germer, PhD is a Clinical Instructor in Psychology at Harvard Medical School, a founding faculty member of the Institute for Meditation and Psychotherapy, and a psychotherapist in private practice in Boston, Massachusetts, USA.

He leads workshops internationally on mindfulness and self-compassion, is author of *The Mindful Path to Self-Compassion*, and co-editor of *Mindfulness and Psychotherapy* and *Wisdom and Compassion in Psychotherapy*.

www.MindfulSelfCompassion.org

Organisation

Dates:

April 24th-26th, 2014 (Thursday – Saturday)

Workshop Hours:

Thursday, 3:00 p.m. – 7:00 p.m., Friday, 9:00 a.m. – 1:00 p.m., 3:00 p.m. – 7:00 p.m., Saturday, 9:00 a.m. – 1:00 p.m. (For a total of 15 hours)

Workshop Location:

Hotel Park, Hertensteinstrasse 34, 6353 Weggis, +41 41 393 05 05, www.parkweggis.ch

Cost:

CHF 560.-

The workshop fee includes tuition in a quiet and spacious environment, ample snacks during breaks, and lunch on Friday and Saturday. (Please inform us of any special dietary requirements when registering for the course. (Last-minute changes in the menu plan will be charged extra.)

Language:

English (German translation if there are numerous requests. Please see registration form)

Outdoor parking:

Free

Shuttle bus:

A shuttle to the workshop location is available. Please inform us of your arrival time at the ferry dock.

Overnight Accomodation:

It is possible to book rooms in the Hotel Park at specially reduced seminar prices:

Single room - full board, Thursday evening, Friday und Saturday morning

CHF 290.— per person, per night.

Other overnight accomodations are available in hotels, boarding houses and bed&breakfasts in Weggis either within walking distance or in the nearby area. Please make booking arrangements directly.

Workshop registration requirements:

The written registration using the form below is legally binding.

Cancellation requests received up to 25 days before the workshop starts will be charged a processing fee of CHF 80.-.

Workshop cancellation policy:

Cancellation requests received less than 21 days prior to the beginning of the scheduled workshop are charged 50% of the original workshop fees. This also applies in case of illness. If a substitute can be arranged these penalties are inapplicable. To be properly insured is the responsibility of the participant, we herewith decline any liability.

Registration requirements for overnight accomodations and full board at the Hotel Park Weggis from April 24th to April 26th, 2014:

Specially reduced seminar rates are available for overnight accomodations in a single room with full board at the rate of CHF 290.- per person/per night. This price is guaranteed for reservations made before January 12, 2014.

After this date the reduced rate is only available in certain cases and upon mutual agreement.

Cancellation policy for overnight accomodations with full board at the Hotel Park, Weggis:

When cancelling 25 days or more prior to the workshop date, no cancellation fees are charged. If a booking is cancelled less than 12 days from the date of the workshop, reservation fees apply. If a substitute can be found these fees will be waived. Travel insurance is recommended.

Registration Form:

In accordance with the aforementioned terms and conditions I hereby register for the Workshop: „**Mindful Self-Compassion (MSC): Core Skills for Mental Health Professionals**“ with Chris Germer from April 24th to April 26th 2014 in Weggis, Switzerland.

Title (Mr./Mrs./Ms.):

First Name:

Last Name:

Profession:

Address

Zip Code/City

Email

Phone Nr:

Cellphone Nr:

Special dietary wishes:

Translation: I need translation from E into D
 I would find it useful if translation from E into D were offered
 I don't need any translation

Place:

Date:

Signature:

In accordance with the aforementioned terms and conditions I hereby book the **accommodations at the Hotel Park, Weggis**, Switzerland, from April 24th to 26th 2014 at the specially reduced workshop rate.

Title (Mr./Mrs./Ms.):

First Name:

Last Name:

Additional info. different from that submitted above:

Comments:

Place:

Date:

Signature:

Registration per Mail:

Regula Saner, Psychotherapeutin SBAP.
Zentrum für Achtsamkeit/ MBSR
Hirschgässlein 44
4051 Basel