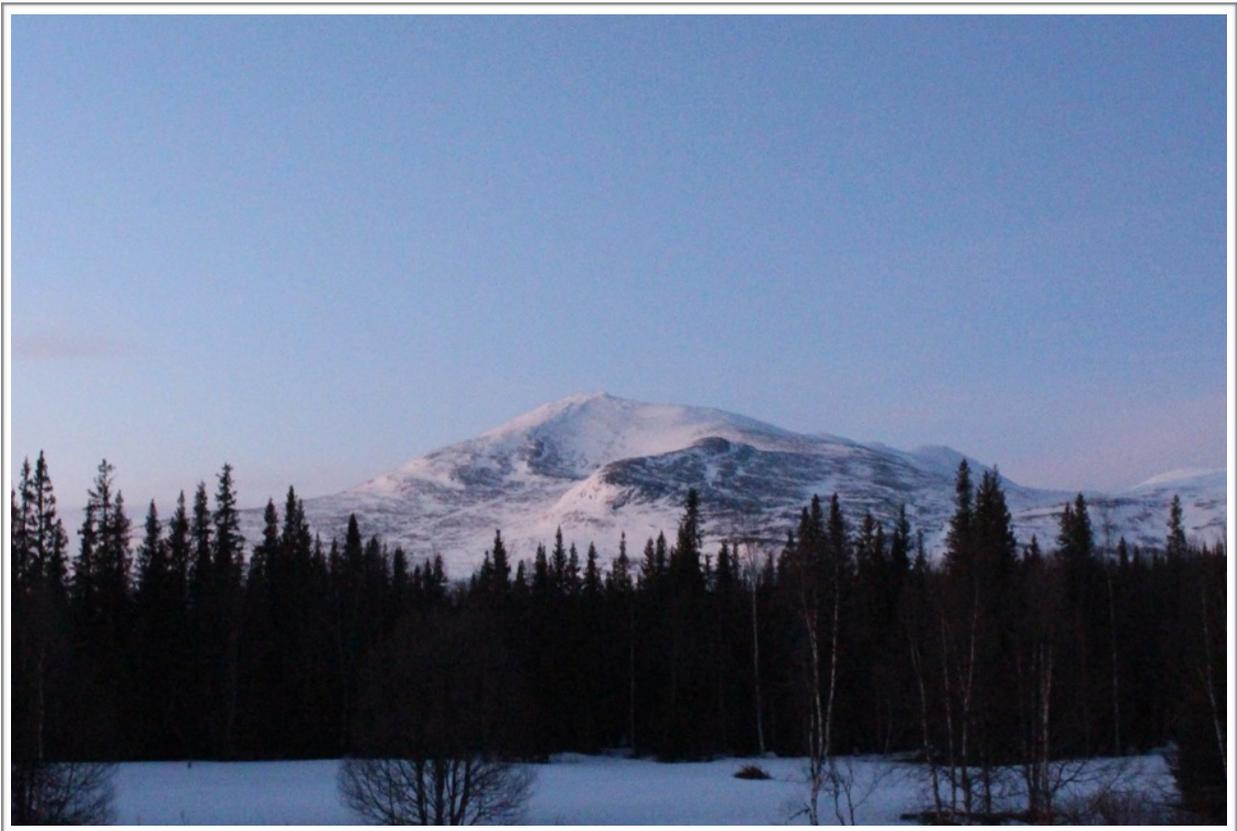


Specialistutbildning för psykologer:
**MSC: Mindful Self-
Compassion Intensive**



*March 18th - 23th 2017 – MSC 5 day intensive
Enaforsholm Fjellgård, Jämtland, Sweden*

Faculty: Steven Hickman, PsyD

“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 -

Mindful Self-Compassion (MSC) an intensive training retreat version of an empirically-supported 8-week program designed to cultivate the skill of self-compassion. Based on groundbreaking research by Kristin Neff and integrated with the clinical perspective of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult emotions with kindness and understanding.

The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to others, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warm, connected, presence during difficult moments in our lives.

Self-compassion can be learned by anyone, even those who didn’t receive enough affection in childhood or who feel uncomfortable when they are good to themselves. It’s a courageous attitude that stands up to harm, including the harm that we inflict on ourselves through self-criticism, self-denial, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, motivate ourselves with kindness, care for others, and be fully human.

Rapidly expanding research clearly demonstrates that self-compassion is related to emotional wellbeing, lower anxiety and depression, maintenance of healthy habits such as diet and exercise, and more satisfying personal relationships. And it’s easier than you think.

Objectives

The completion of this activity, participants should be able to:

- describe the theory and research supporting mindful self-compassion
- motivate themselves with encouragement rather than self-criticism
- relate to difficult emotions with greater moment-to-moment acceptance
- respond to feelings of failure or inadequacy with self-kindness
- begin to transform difficult relationships, old and new, through self validation
- practice the art of savoring and self-appreciation
- integrate core mindfulness and self-compassion exercises into daily life
- teach simple self-compassion practices to patients, students, or clients
- integrate MSC mediation and exercises in therapy treatment with individuals or in a group therapy.

Target Audience

This program is designed for members of the general public, as well as for professionals who wish to integrate self-compassion into their work.

Participating in a MSC program satisfies a prerequisite for becoming a MSC program teacher. There will be a teacher training in Sweden in June 2017. Meditation experience is not necessary to participate in this 5- day MSC program for professionals. All are welcome!

Training

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. The goal is to provide a safe and supportive environment for exploring how we typically respond when difficult emotions arise and to provide tools for becoming a warm and supportive companion to ourselves. The emphasis of the program is on enhancing emotional resources and personal capacities. For more information on self- compassion, please see www.Self-Compassion.org and www.MindfulSelfCompassion.org

Participant Guidelines

The MSC program is a journey—an adventure in self-discovery and self-kindness. Compassion has the paradoxical effect of both soothing and comforting as well as opening us to emotional discomfort that we may have been unconsciously holding inside, often for many years. Therefore, some difficult emotions are likely to surface during the program as we grow in our capacity to embrace and heal them. The teachers are committed to providing an environment of safety, support, privacy, individual responsibility, and a common commitment to developing compassion for oneself and others.

It is recommended, but not required, that participants read the following two books before the training retreat:

- *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* by Kristin Neff
- *The Mindful Path to Self-Compassion* by Christopher Germer

Instructor

Steven Hickman, PsyD is a clinical psychologist and Associate Clinical Professor in the UC San Diego Departments of Psychiatry and Family Medicine & Public Health. He is the founder and Executive Director of the UC San Diego Center for Mindfulness and the Director of Professional Training for the Center for Mindful Self-Compassion. Dr. Hickman teaches Mindful Self-Compassion around the world and trains teachers in the program, in addition to speaking and teaching on the topic of mindfulness-based programs. Dr. Hickman has been teaching mindfulness, in the form of Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), and more recently, Mindful Self-Compassion, for fourteen years and has co-led a number of MBCT teacher trainings as well.

Assisting teachers

Lill Persson Jarl, Psychologist, Specialized psychologist in neuropsychologist, Psychotherapist and have a Master in mindfulness from University in Bangor. Lill has been teaching MBSR since 2006 and MSC from 2015. Lill is also an examiner at this specialist course for psychologists

Åshild Haaheim, is a clinical psychologist. Åshild has been teaching MBSR in the primary care since 2007 and MSC since 2015. From 2012 has Åshild been teaching mindfulness fore professionals in Sweden.

Date: March 18th-23th 2017

Price: 12 500 SEK (+ vat)

+ 5 790 SEK for room and board from in a shared room. There are possibility for less expensive bedroom also. There are only a two singel bedroom, so book early if you a´ want a singel bedroom. And there are possibility to stay in a four bed room.

For further questions or to sign up please contact Åshild Haaheim:
info@curatiomindfulness.se or 0046 (0)731 535373. More information on www.curatiomindfulness.se

Venue: <http://www.enaforsholm.se>

Registration

I want to participate in the Mindful Self - Compassion retreat in Enaforsholm, Sweden, March 18th-23th -2017:

Name:

Address:

ZIP code:

city:

E-mail address :

Phone number:

Billing address if different from above

Company Name :

Address:

ZIP code:

city:

Reference :

Cancellation rule:

Registration is binding, the site may be transferred to another person.

Send entry form to:

Åshild Haaheim

Curatio,

Sollidenvägen 59

831 43 Östersund

Sweden

or e-mail to info@curatiomindfulness.se

Warm welcome wishes Steven, Lill and Åshild!