



**Free  
Info Sessions**  
11:00-11:50am

5 Sept  
12 Sept  
19 Sept

# Compassion . Resilience . Strength

## MINDFUL SELF-COMPASSION 8-WEEK TRAINING COURSE ONLINE 26 Sept - 21 Nov 2021

After participating in this course, you'll be able to:



**Practise self-compassion in daily life**



**Understand benefits of self-compassion**



**Handle difficult emotions**



**Transform challenging relationships**



**Neutralise toxic self-criticism, perfectionism and guilt**



**Practise self-appreciation**



**Motivate yourself with kindness rather than criticism**



**Learn how to meet your own needs**



**Manage care-giving fatigue**



**Practise more than 20 skills & meditations!**

### What to expect in the course:

- 8 core course sessions x 2.5-3 hours weekly
- Retreat session: 31 Oct 2021, 10am - 1pm
- Participant course booklet
- Session summaries
- Experiential learning
- Sessions conducted via Zoom

Conducted by Dr Benjamin Weinstein and Dr Karen Pooh, Clinical Psychologists

Cost: SGD \$580 (inclusive of GST)

For enquiries and registration, pls email:  
[msckindness@gmail.com](mailto:msckindness@gmail.com)  
[www.benweinstein.com/singapore-msc](http://www.benweinstein.com/singapore-msc)



**"If you have no compassion for yourself then you are not able of developing compassion for others." Dalai Lama**

# **MINDFUL SELF-COMPASSION TRAINING COURSE**

## **ONLINE SEPTEMBER-NOVEMBER 2021**

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*If you don't love yourself, you cannot love others.  
You will not be able to love others. If you have no compassion  
for yourself then you are not able of developing compassion for  
others*

*--Dalai Lama*

Mindful Self-Compassion (MSC) is the ability to be present in the face of challenges and support ourselves in the same way we would do for a good, loyal friend. MSC teaches principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding as well as being able to protect themselves and set limits. The program is very practical and includes many skills you can apply in your daily life.

MSC builds on our basic resources as human beings. As a human being, each of us already has the capacity for kindness and resilience. MSC teaches core principles and practices that empower participants to respond to the stresses and difficulties of their lives with a kind, connected presence. In MSC, participants cultivate skills of self-compassion with experiential exercises and practices that they can apply in their daily lives.

The 9-session MSC program is scientifically-supported and based on the groundbreaking research and clinical work of Kristin Neff and Christopher Germer. The program integrates cutting-edge understanding of human growth and thriving based on neuroscience, positive psychology and human development.

This version of MSC training program online includes 9 sessions on Sunday mornings:

- 8 core course sessions X 2.5- 3 hours each (24 hours total) on Sundays at 10am Singapore Time and 9am Thailand time starting Sunday Sept 26, plus
- A 3-hour retreat session after the 5th session.

**It's proven to help!** Published scientific research clearly demonstrates that self-compassion is strongly associated with increased resilience and emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. And it's easier than you think.

Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 20-30 minutes per day on their own throughout the program.

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. ***Please look at MSC as an experiential training and not a class.*** The main goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life.

**Who can participate?:** Any adult located in the Asia-Pacific region is welcome to register. No previous experience with mindfulness or meditation is required

# **MINDFUL SELF-COMPASSION TRAINING COURSE**

## **ONLINE SEPTEMBER-NOVEMBER 2021**

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### **Prerequisites**

**No previous experience with mindfulness or meditation is required to attend MSC!**

To insure safety, participants are asked to provide background information when they register for the program.

We do recommend that participants read one or both of following books before or during the program (but it's not required):

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

### **Mindful Self-Compassion Course Online Schedule: Sept-Nov 2021**

***Please check the schedule and plan to attend every session- all sessions are on Zoom***

**ALL TIMES ARE IN SINGAPORE TIME UTC+8. This is one hour ahead of Thailand**

Date	Time	What?
Sunday, Sept. 5	11:00 – 11:50 am	<b><u>MSC Course Orientation</u></b> - this free, brief session is a chance to meet the teachers, find out what this is all about and ask questions! It is required session for anyone who has not already completed the MSC Course.
Sunday Sept. 12		
Sunday Sept. 19		
Sunday, Sept. 26	10am-1pm 3 hours	MSC Session 1: Introducing MSC
Sunday, Oct. 3	10am-1pm 3 hours	MSC Session 2: Practicing Mindfulness.
Sunday, Oct. 10	10am-12:30pm 2.5 hours	MSC Session 3: Practicing Loving Kindness
Sunday, Oct. 17	10am-12:30pm 2.5 hours	MSC Session 4: Discovering Your Compassionate Voice
Sunday, Oct. 24	10am-12:30pm 2.5 hours	MSC Session 5: Living Life Deeply
Sunday, Oct. 31	10am-1pm 3 hours	Retreat Session: A wonderful opportunity for deeper, concentrated practice without words
Sunday, Nov. 7	10am-12:30pm 2.5 hours	MSC Session 6: Meeting Difficult Emotions
Sunday, Nov. 14	10am-12:30pm 2.5 hours	MSC Session 7: Exploring Challenging Relationships
Sunday, Nov. 21	10am-1pm 3 hours	MSC Session 8: Embracing Your Life (final session)

Total = 24.5 course hours

Please note that course sessions 1, 2, retreat and 8 are 3 hours long. All other sessions are 2.5 hours. There will be a 10-minute break in each session.

Completion: Participants who attend at least 90% of the program will receive a certificate of completion, which is the basis for participation in further MSC training.

# **MINDFUL SELF-COMPASSION TRAINING COURSE**

## **ONLINE SEPTEMBER-NOVEMBER 2021**

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### **Steps to Register & Payment:**

- 1) Register for and attend one of the free orientation sessions on Sunday Sept 5, Sept 12 or Sept 19 (when the course is full, no further orientation sessions will be held)
  - a. <https://forms.gle/L2MnPpDrVCYyys6w9>
- 2) Complete the background information form and submit to Karen or Ben
- 3) Make payment SGD550 + GST; payment will be made to Dr. Pooh in Singapore.