

Mindful Self-Compassion

Intensive Training

August 23 - 28, 2015

5-day residential intensive with
Steven Hickman & Michelle Becker

Providence Renewal Centre,
Edmonton, Alberta, Canada

Registration Fee

Early Bird (June 23 and earlier)	Regular (June 24 and later)
\$795 CDN	\$895 CDN

Meals and Accommodation

Packages available from \$445-595
Commuter options: \$200-245

**All prices are in Canadian funds & include GST.*

CE's available.



Steven Hickman, PsyD, is a clinical psychologist and Associate Clinical Professor in the UC San Diego Departments of Psychiatry and Family & Preventive Medicine. He is also the founder and director of the UC San Diego Center for Mindfulness. He has been teaching mindfulness, in the form of Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy, and more recently, Mindful Self-Compassion for 12 years.



Michelle Becker, M.A., LMFT is a licensed Marriage and Family Therapist, utilizing mindfulness and compassion based psychotherapy. She is Director of Compassion Programs at the UC San Diego Center for Mindfulness where she teaches Mindfulness-Based Stress Reduction and Mindful Self-Compassion. She is co-founder, along with Dr.'s Germer, Neff and Hickman, of the MSC Teacher Training.



Mindful Self-Compassion (MSC) is an empirically-supported program developed by Drs. Kristin Neff and Christopher Germer, designed to cultivate the skill of self-compassion. Participants will learn and apply the three key components of self-compassion to cultivate 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.

Following this training, participants should be able to:

- respond to feelings of failure or inadequacy with self-kindness
- begin to transform difficult relationships, old and new, through self-validation
- motivate themselves with encouragement rather than self-criticism
- relate to difficult emotions with greater moment-to-moment acceptance
- teach simple self-compassion practices to patients, students, or clients

This program is designed for members of the general public, as well as for professionals who wish to integrate self-compassion into their work. Meditation experience is not necessary to participate in this 5-day program. **All are welcome!**

Co-sponsored by:



Please see www.mindfulnessinstitute.ca for details, student scholarships, and to register.