



ACADEMY OF HUMAN DEVELOPMENT

AHD 专业培训学院

MAXIMISING HUMAN POTENTIAL

Mindful Self-Compassion Core Skills Training 2023

This online workshop is an introduction to Mindful Self-Compassion (MSC), an empirically supported training program based on the clinical perspective of Chris Germer, PhD and the pioneering research of Kristin Neff, PhD.

MSC is a resource-building program that makes participants more resilient. This 2-day, online workshop will introduce the MSC model and teach numerous skills. The workshop will give you simple, practical skills that you can use in everyday life for a range of common issues. This will be a fast-paced interactive workshop that reproduces many of the features of an in-person workshop. You will not be listening to boring, endless lecture. Brief topic presentation will be interspersed with experiential exercises and skill practice along with small-group discussions, followed by large-group Q/A, before moving on to the next topic and skill. Participants will directly experience self-compassion and learn skills to evoke self-compassion in daily life. No previous experience with mindfulness or meditation is required to attend the program.

A large and rapidly increasing body of research shows that self-compassion is strongly associated with emotional wellbeing, coping well with life challenges, lower levels of anxiety and depression, more healthy habits such as diet and exercise, and more satisfying, compassionate relationships.

MSC combines the skills of mindfulness and self-compassion to enhance our capacity for emotional wellbeing. Mindfulness is the first step—turning with loving awareness toward difficult experience (emotions, sensations, thoughts). Self-compassion comes next—bringing kind awareness to ourselves. Together, mindfulness and self-compassion comprise a state of warm, connected presence during difficult moments in our lives. Self-compassion includes the capacity to comfort, soothe and validate ourselves, but also to protect and provide for ourselves, and to motivate ourselves to achieve our goals. MSC is particularly useful for human service and social service professionals who deal with high workload and resource limitations which are inherently stressful.

*** This course is a Pre-Requisite for attending Integrating Self-Compassion into Therapy and Counseling**

CPE Reg. No.: 199900986N

Reg. Period:

19 May 2020 to 20 May 2024

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Course Dates:	7 & 14 Jun 23. Minimum 85% attendance is mandatory
Time:	9.30am-5.30pm
Venue:	e-learning
Practice Session	Registration for this workshop also includes a follow-up MSC practice session about 2 weeks later, 20:00-20:50; attending the follow-up practice session is optional and will not count toward workshop attendance.
Course Fee (before GST):	\$600 (Early-Registration Special S\$500 for registration/settlement before 20/4/23.
PCG Funding for NCSS member agencies (before GST)	Pre-approved subsidy at 45% of course fee : \$270 maximum Course Code: PAS00002935 (funding period 9/03/2023 to 8/03/2024)
Trainer:	Dr Benjamin Weinstein

Learning Objectives:

After participating in this two-day online training, you will be able to:

- ◇ Identify and apply the three components of Mindful Self Compassion
- ◇ Practice with practical techniques to apply self-compassion in daily life
- ◇ Understand the science of self-compassion
- ◇ Neutralize and gradually reduce automatic self criticism and harsh self judgments
- ◇ Motivate yourself with kindness rather than criticism
- ◇ Use guided meditations to build your own self-compassion
- ◇ Handle difficult emotions with greater ease
- ◇ Manage caregiver fatigue
- ◇ Practice the savoring, gratitude and self-appreciation
- ◇ Teach simple self-compassion exercises to clients

Course Content:

Self-Compassion Theory
Self-Compassion: Research
Meditation: Affectionate Breathing
Our Wandering Minds
Present-Moment Awareness and Resistance
How Mindfulness and Compassion Dance
Introducing Backdraft
Myths and Misgivings about Self-Compassion
Dialogue with Your Inner Critic
Research about Self-Criticism
Why Do We Criticize Ourselves?
Meditation: Loving-kindness for a Loved One
Practicing with Phrases
Meditation: Giving and Receiving Compassion
Finding Hidden Value in Suffering
Stages of Acceptance
Meeting Difficult Emotions
How to Meet Shame
Empathic Resonance
Caregiver Fatigue
Self-Compassion in Clinical Practice
Negativity Bias
Cultivating Happiness: Savoring and Gratitude
Self-appreciation

Who should attend:

This workshop is open for anyone who wants to develop more resilience and university students are welcome. Social-service and human-services professionals who works as caregivers or those who work in social-service or human-service organizations with high levels of stress and demand can benefit from learning these skills for their own benefit. People who occupy roles as caregivers will especially benefit from the training. No background with mindfulness or meditation is necessary to attend and benefit from the workshop.

Trainer's Profile: Benjamin Weinstein, PhD

As a Clinical Psychologist, university lecturer and trainer serving expatriate and local communities across Southeast Asia since 2003, Ben is committed to facilitating growth and development in many contexts. Ben is honored to be a certified teacher of Christopher Germer and Kristin Neff's remarkable Mindful-Self Compassion (MSC) training course. As someone who has spent his entire working life devoted to applying psychological and behavioral science to help others learn, develop, and grow, Ben is profoundly inspired by the proven, transformative alchemy of mindfulness, purpose-guided engaged living, and self-compassion.



Dr. Weinstein is an enthusiastic certified teacher of Mindful Self-Compassion and has been teaching Mindful-Self Compassion since 2018. He was Thailand first certified MSC teacher and is one of Southeast Asia's senior MSC teachers. On a personal note, Dr. Weinstein both practices and teaches mindful self-compassion and loves to teach the MSC curriculum in any form since he loves to watch how it changes peoples lives!! Dr. Weinstein is also one of Asia's foremost experts on the integration of self-compassion into therapy and counseling. Dr. Weinstein is expert faculty of the "Self-Compassion in Psychotherapy" online certificate program, where he teaches alongside Kristin Neff, Christopher Germer, Paul Gilbert and others. He has worked with therapists around the globe to develop flexible methods for comprehensive integration of self-compassion into therapy and counseling.

Ben provides clinical services through Psychological Services International in Bangkok, Thailand. Ben uses an experiential-behavioral approach to psychotherapy, specializing in trauma, emotional regulation, intercultural adjustment, dislocations, transitions and resilience. He works from an integrative cognitive-behavioral model focusing on using applied mindfulness skills to help clients make their lives fulfilling and meaningful.

Ben is currently an Adjunct Lecturer in the Department of Psychology in the Graduate School of Chiang Mai University. From 2005-2016, he was a lecturer at the Graduate School of Psychology of Assumption University and director of the professional development program.

In addition to being a therapist and lecturer, Ben is frequently involved in providing trainings for corporate and humanitarian clients on resilience, adjusting to change, and managing uncertainty. Ben specializes in providing resilience training to humanitarian workers in intensely demanding roles and locations and has provided his services on site in Afghanistan and Iraq, and remotely for clients around the globe. Current and former clients include the Thailand Department of Mental Health, International Committee of the Red Cross (ICRC), Veterans Health Administration (USA), Konterra, American Psychological Association, DFID, Save the Children UK, UN ESCAP, UN FAO, UNHCR, the Burnet Institute, Asian Institute of Technology, NOREC (formerly FK Norway), Asia Business Forum, CIMB Group, Chevron (Thailand), Unilever-Best Foods (Thailand), DST Global, and Pepsico, Thailand. All trainings for small groups and organizations are based on recent scientific research in neuroscience, positive psychology, contemplative science and applied mindfulness.

When not practicing psychotherapy, he volunteers his time to support urban asylum seekers in Bangkok and helps organize mindfulness retreats and trainings for Thai healthcare professionals. Ben holds a M.S. and Ph.D. in Clinical Psychology from the University of Wisconsin-Milwaukee.