



ACADEMY OF HUMAN DEVELOPMENT

AHD 专业培训学院

MAXIMISING HUMAN POTENTIAL

Integrating Self-Compassion into Therapy and Counseling 2023

CPE Reg. No.: 199900986N

Reg. Period:

19 May 2020 to 20 May 2024

Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, coping well with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying, compassionate relationships. This workshop is an introduction to integrating self-compassion flexibly into counselling and psychotherapy. This data-driven, experiential webinar is grounded in Kristin Neff's (2003) model of Mindful Self-Compassion (MSC) and the clinical perspectives of Chris Germer.

The overall objective of this webinar is to introduce the research and clinical techniques that can guide the integration of self-compassion into mental health treatment with adults so that participants can begin to flexibly integrate self-compassion perspectives and interventions into their clinical work. The skills and perspectives taught in this webinar are transtheoretical and can be smoothly integrated with a variety of therapeutic approaches with adults.

As a "transtheoretical" and "transdiagnostic" treatment process, self-compassion perspectives and interventions can be applied across a broad range of client populations, diagnoses and used by therapists from diverse theoretical backgrounds. SC is particularly useful for human service and social service professionals who deal with high workload and resource limitations which are inherently stressful.

Webinar activities include talks, guided meditations, experiential exercises, group discussion and individual reflection. Participants will directly experience self-compassion, learn skills to evoke self-compassion in daily life and how to share these with clients. Although some familiarity with mindfulness is helpful, no previous experience with mindfulness, self-compassion or meditation is required to attend the program.

Pre-Requisite : Completed Mindful Self-Compassion Core Skills Training conducted June 2023

Course Dates :	21-22 Sep 2023
Time:	9.30am—5.30pm
Venue:	Onsite (venue to be confirmed)
Course Fee (Before GST):	\$600 (Early-Registration Special S\$500 for registration/settlement before 7 Aug 23)
VCF pre-approved funding for NCSS member agencies and MSF-funded agencies (Before GST):	Pre-approved subsidy at 45% of course fee: \$270/= maximum Course Code: PAS00002942 (funding period 9/03/2023 to 8/03/2024)
Trainer:	Dr Benjamin Weinstein

For enquiries:

DID: (65) 6593 5284

Fax: (65) 6223 8667

E-mail:

davegoh@ahd.com.sg

www.ahd.com.sg

 : Academy of Human Development Pte Ltd

Learning Objectives:

After participating in this webinar training, participants will be able to:

- ◇ Identify Define self-compassion as a transtheoretical and transdiagnostic treatment process
- ◇ Identify and apply the three components of Neff's (2003) Mindful Self Compassion model
- ◇ Understand the science and research of self-compassion
- ◇ Learn a 5-step model for becoming a self-compassion informed therapist
- ◇ Learn the 3Rs, an integrative model for in-session, compassionate/self-compassionate dialogue with clients
- ◇ Apply a resource-building approach to helping clients understand and develop their own capacity for self-compassion
- ◇ Identify specific "entry points" to introduce self-compassion perspectives and interventions with clients
- ◇ Recognize and respond to backdraft, the discomfort that can arise when people develop self-compassion
- ◇ Assist clients to recognize and gradually reduce automatic self criticism and harsh self judgments
- ◇ Learn practical "4 Ns" model to help adult clients apply self-compassion in daily life
- ◇ Help clients to motivate themselves with kindness rather than criticism

Course Content:

- ◇ Overview of Theory and Research
- ◇ Self-Compassion Concepts and Perspectives
- ◇ Introduction to the MSC Curriculum and Skills
- ◇ Doubts and Misgivings About Self-Compassion
- ◇ The Yin and Yang of tender and fierce self-compassion
- ◇ Listening to yourself and your clients with Self-Compassions "Ears" and "Eyes"
- ◇ Hearing beyond the story
- ◇ Entry Points
- ◇ 3 Principles of Self-Compassionate Dialogue
- ◇ Creating dialogues that model and foster the development of self-compassion
- ◇ Practicing the 3Rs: resonance, radical acceptance, and resource building
- ◇ Building the Resource of Self-Compassion
- ◇ Using the Self-Compassion Break in session
- ◇ Recognizing and Responding to Backdraft
- ◇ Self-Compassion in Daily Life Using 4 "Ns": Notice, Name, Need, Next Step
- ◇ The Self-Compassion Question
- ◇ Exploring Needs
- ◇ Working with the Inner Critic
- ◇ Recognizing and Neutralizing Self Criticism
- ◇ Motivating with Kindness

Who should attend:

This workshop is for social-service and human-services professionals who provide counseling, therapy, or psychotherapy. Participants need to be actively engaged in providing therapy or counseling in some form. Students training to be therapists/counselors who have some clinical experience are also welcome. Some previous experience with mindfulness and/or self-compassion is helpful but is not required. Although some self-compassion are reviewed, this webinar does not teach self-compassion skills for personal practice.

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.

Ben has been practicing and teaching mindfulness since 2007. Ben attended the MSC program in 2016 and is now a certified teacher of Mindful Self-Compassion; Ben was the first certified MSC teacher in Thailand and he regularly teaches the MSC program in English and in Thai. Having spent decades trying to understand the most effective, scientifically valid and practical ways that people can realize their full potential in daily life, Ben is passionate about the concrete and simple skills taught in the MSC training course. These skills are simple to learn and practice and begin to produce immediate changes in participants' daily lives. At the same time, as the skills strengthen over time, they can also take participants on a journey of growth and discovery to truly live life to the fullest.

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.