



Cultivating inner peace

Mindful Self-Compassion

8-week-course

starting **Wednesday, April 24th 2024** (6.15 - 9.15 pm)

with Martha Schwarze, certified MSC-Teacher

What is MSC? Mindful Self-Compassion (MSC) is an empirically supported, 8-week training program. MSC combines the skills of mindfulness and self-compassion, providing a powerful tool for emotional resilience. Mindfulness is the first step in emotional healing—being able to turn toward and acknowledge our difficult thoughts and feelings (such as inadequacy, sadness, anger, confusion) with a spirit of openness and curiosity.

Self-compassion involves responding to these difficult thoughts and feelings with kindness, sympathy and understanding so that we soothe and comfort ourselves when we're hurting. Research has shown that self-compassion greatly enhances emotional wellbeing. It boosts happiness, reduces anxiety and depression, and can even help maintain healthy lifestyle habits such as diet and exercise.

Being both mindful and compassionate leads to greater ease and well-being in our daily lives.

In MSC you'll learn:

- how to build up inner strength and resilience
- how to handle difficult emotions with greater ease
- how to stop being so hard on yourself and how to motivate yourself with encouragement rather than criticism
- how to transform difficult relationships, both old and new
- mindfulness and self-compassion practices for home and everyday life
- the theory and research behind mindful self-compassion
- how to become your own best teacher
- how to manage the fatigue that can arise from caring for others
- how to grow and sustain your compassion for others

The MSC program was first developed in 2010 by two pioneering psychologists, Christopher Germer, PhD from Harvard University, and Kristin Neff, PhD from Texas University (centerformsc.org)

Course dates Wednesday evenings from 6.15 to 9.15 pm on the following eight dates: April 24th / May 15th / May 22nd / May 29th / June 5th / June 12th / June 19th / June 26th - Day of Silence: Sunday, June 2nd (10 am – 3 pm) **Where?** "Raum für Mehr", Freie Strasse 37, Basel **Course fee** The cost of MSC course is 850.- CHF including a personal interview with each participant and all materials. Depending on your situation, a payment plan, or a partial scholarship can be discussed. Some Swiss health insurance models cover part of the costs of a MSC course.

Registration: marthaschwarze@web.de // phone 078 849 3931