

# Mindful Self-Compassion Training

## Self-Compassion in Psychotherapy

### Dates:

18, 19, 20 June 2018  
09:00 - 16:00 all days

### Location:

Queen Margaret Hospital  
Education Centre  
Lecture Hall 1&2  
Dunfermline

### Trainer:

Christine Braehler,  
DCLinPsy, PhD  
MSC teacher trainer  
Secretary of the Board  
International Coordinator  
Senior Advisor  
of the Centre for MSC

Discover self-compassion as a personal resource and as a clinical intervention, which can be added to your existing way of doing psychotherapy!

For more information visit:  
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### About the Training

Individuals who have experienced little affection or even threats from early attachment figures commonly learn to self-regulate emotional pain through shame and harsh self-criticism. Those are important transdiagnostic mechanisms, which maintain many psychological disorders. To effectively regulate such aversive social emotions, we need to cultivate a kind internal relationship based on safeness and social connectedness to provide the antidote to any hostile internalised relationships. Turning the compassion we offer a loved one in distress towards ourselves leads to self-compassion, which can be learned by anyone. Research shows the positive impact of compassion on emotion regulation, perspective-taking and well-being as well as reduction in anxiety, depression and stress in clinical and non-clinical groups. This is a core mechanism of change in psychotherapy and in mindfulness training, which can help to protect helping professions from burnout.

Adding an explicit focus on compassion to psychotherapy can help vulnerable clients establish a secure base from which to explore and manage the complexities of their lives. In clinical settings, self-compassion can be taught through the therapeutic relationship and by applying individualised and collaboratively-designed interventions and home practices.

### During this 3-day workshop you will learn how to:

- Describe the theory and evidence-base for self-compassion
- Practice self-compassion to alleviate caregiver fatigue
- Motivate with self-kindness rather than self-criticism
- Integrate self-compassion into CBT, ACT, DBT, Schema-Focused Therapy
- Hold oneself during moments of shame
- Enhance compassion during challenging moments in psychotherapy
- Customise self-compassion exercises for specific client groups
- Overcome obstacles with traumatised clients