

“For someone to develop genuine compassion towards others, first he or she must have a basis upon which to cultivate compassion, and that basis is the ability to connect to one’s own feelings and to care for one’s own welfare... Caring for others requires caring for oneself.”  
—Tenzin Gyatso, the 14th Dalai Lama

---

# MSC: Mindful Self-Compassion Teacher Training

**Mon 21st – Sunday 27th November 2022**  
departing after lunch.

Led by Ali Lambie and Zoe Shobbrook-Fisher

Delivered by the Center for Mindful-Self-Compassion and hosted by Sussex Mindfulness Centre, part of Sussex Partnership NHS Foundation Trust.

Finally a break from looking at a screen ! This Teacher training will be held at the beautiful Ammerdown retreat centre near Bath  
<http://www.ammerdown.org>

For more on the MSC teacher training process, please visit:  
<https://centerformsc.org/teach-msc-latest/>

The teacher training in Nov 2022 will be followed by the opportunity to do the next step of the MSC teacher training process – the Teacher Training Practicum (TTP) in 2023. Please see the Sussex Mindfulness Centre website for more information on this:

<https://sussexmindfulnesscentre.nhs.uk/events/compassion-oriented-events/>

## The trainers

### Ali Lambie



Ali Lambie has a Masters degree in Teaching Mindfulness-Based Approaches from the University of Bangor. Prior to training as a mindfulness teacher she was a counsellor for many years and spent 8 years as Manager of a counselling service within the NHS. Ali lives in the south of England and set up Mindfulness Hampshire in 2011. Since that time she has offered regular courses, workshops and retreats both locally and further afield. In 2013 Ali came across the work of Dr Chris Germer and Dr Kristin Neff in the form of Mindful Self-Compassion (MSC). This made a huge impact and she immersed herself in this field, gradually becoming a Certified Teacher and then Teacher Trainer of MSC: this work is her passion. These days Ali is fully self-employed teaching MSC and supervising and training others both in the UK and internationally with the Center for Mindful Self-Compassion in the USA. Ali enjoys supporting other teachers in her various roles and often has newer teachers working alongside her too. She has a deep love of the countryside and part of her practice is mindful walking in the woods each day.

### Zoe Shobbrook-Fisher



Zoe is a Certified MSC Teacher, Mentor, CMSC Practicum Trainer and Self-Compassion in Therapy (SCiP) group leader. She has also been teaching MBSR since 2009, and leads retreats and supervises mindfulness and MSC teachers for the UK Mindfulness Network. She is an accredited counsellor/psychotherapist who worked for 11 years as a university student/staff counsellor and wellbeing group facilitator. Based in south-west London she delivers beginner and deepening mindfulness and compassion-based programmes to a wide range of groups, reflecting her commitment to making these trainings accessible to diverse populations, including workplace and community settings, mental health charities and NHS staff and patients. She has always been dedicated to paths of the heart and authenticity, and loves sharing the ways that mindful self-compassion supports this for herself and others. Her self-compassion practice includes her love of singing and dance-based movement meditation

## Frequently Asked Questions

### **How do I get to the venue ?**

This is the link to the venue: <http://www.ammerdown.org/> and directions are here: <http://ammerdown.org/how-to-find-us>. If you need additional accommodation or advice on transport, please contact the venue.

### **What time should I plan to arrive? When do we finish?**

We will begin checking people in from 3-5pm on the first day of the training. We ask that you plan on arriving between 3pm and 5pm so that we can begin with the full group in attendance at dinnertime. We plan to end the retreat by 2pm on the last day so please plan your travel accordingly, using the time guidelines above. Sometimes situations arise in which people have to leave the retreat earlier than noon on the last day but we strongly urge you to avoid this if at all possible.

### **Is there wireless service/cellular phone use?**

Free WiFi is available throughout the centre, accessed by a password which is displayed in the meeting rooms, information folders in bedroom or from the receptionist at the main reception desk. As the centre is in a rural area, sometimes the download bandwidth can be a bit slow, especially if lots of people are trying to download all at the same time. It is most advisable to leave your computer at home because of the retreat nature of the training; however we recognize that sometimes computer use is a necessity.

Mobile/cell phone signal is patchy and depends which network you are on. Most people are able to get a signal from the car park or just at the top of the main drive while some lucky people can get a signal in the centre! Again, however given the nature of the training there will be limited opportunities to use them, so informing those who may need to contact you of these limitations ahead of time will be helpful.

### **Is it possible to stay extra nights at the facility or arrive a day or two early?**

Depending on availability, the centre may be able to offer bed and breakfast. If they are full then there are a few local places they can recommend. Please contact [bookings@ammerdown.org](mailto:bookings@ammerdown.org) for further information.

### **What do I need to bring?**

If it is at all possible, please bring a meditation cushion (zafu) and a yoga mat. The centre has a few cushions but not enough to go around, and no mats, so if you use these items and can squeeze it into your luggage or bring it as a carry-on please consider doing so. It is always advisable to check the weather forecast prior to traveling, to help guide you in proper clothing choices.

**Can I keep items securely ?**

Every bedroom has a lockable door and each guest will have a key for their own room. The main centre has the front door and back on a timer lock so when the reception desk is not manned it is locked. This means people who aren't staying will have to ring a bell to gain access. Guests have a fob on their room key which will open the door for them. We recommend leaving valuable items at home to reduce the possibility of anything being lost or stolen.

**What should I expect regarding the format of the training?**

This training is taught in a retreat format, which means there is a great deal of mindfulness practice embedded in the training, and we want to reiterate that now so you are not surprised when you get here. The venue very much facilitates this format; we will will meet, eat and be housed in a relatively secluded area.

**What are the accommodation options?**

We are hoping to be able to accommodate everyone in solo occupancy rooms. All rooms are ensuite except for three single rooms and these rooms have wash basin and toilet, and access to shower rooms a few footsteps away. If you would like one of these three rooms or would like to share in a twin or double room, please specify in your application and there is a reduced fee for these options. Each bedroom has a desk and chair, a comfy chair, a hospitality tray and storage for clothes and personal items. Linen and towels are provided.

**What should I read prior to arriving?**

As above in the “Required Reading” section: <https://centerformsc.org/teach-msc-latest/>

**What if I require some special accommodations or have dietary restrictions?**

While you are asked to note specific food restrictions on your registration application, if there are any additional food or medical concerns we should be aware of please let us know of these in advance so we may assist you.

Ammerdown regularly cater for vegetarians, vegans, people who are gluten free, coeliacs, have dairy intolerance, allergies to specific foods ie nuts, tomatoes etc.

There is only an additional charge if there are diets that are very complex or require special ingredients that would incur additional costs. The venue also cannot cater for anyone with a very severe allergy where a small trace may prove fatal as they cannot guarantee that there won't be traces of allergens on foods that have been brought in.

**What is the tentative schedule for the training?**

The tentative schedule is as follows:

### **Day One**

Registration: 5.00-6.00 pm

Dinner: 6.00 pm – 7.00 pm

First Session: 7.00 pm – 9.00 pm

### **Day Two-Six**

Optional Morning Practice: 7:00 am – 8:00 am

Morning Session: 9:00 am – 12:30 pm

Lunch: 12:30 pm – 2:30 pm

Afternoon Session: 2:30 pm – 5:30 pm

Dinner: 5:30 pm – 7:00 pm

Evening Session: 7:00 pm – 8:30 pm

### **Day Seven**

Optional Morning Practice: 7:00 am – 8:00 am

Final Session: 9:00 am – 1:00 pm

## **Payments and applications:**

Single occupancy room: £1,700pp

Shared (either twin or double) occupancy: £1,600pp

(please state which option you want and if there is anyone you want to share with)

All balances must be paid in full by 1<sup>st</sup> October 2022 or your registration will be cancelled, your deposit will not be refunded, and you will not be able to attend. Staged payments are acceptable. However a non-refundable and non-transferable minimum deposit of £500 is due upon registration.

## **Cancellation Policy**

A refund (minus your non-refundable and non-transferable deposit) will be made for cancellations submitted in writing before 1<sup>st</sup> September 2022. No refunds will be allowed after that date.

In the unlikely event that the course is cancelled, Sussex Mindfulness Centre is responsible only for a full refund of the registration fee and not for transportation, hotel accommodations or any miscellaneous expenses.

## **Application Process**

- 1) Submit your registration form and pay the £500 non-refundable deposit. This is available from available from <https://sussexmindfulnesscentre.nhs.uk/train-to-teach-mindfulness/> Or <https://sussexmindfulnesscentre.nhs.uk/events/compassion-oriented-events/>.
- 2) Once these have been received, you will receive a confirmation email which will include a longer online MSC Teacher Training Application. This application includes a brief 200-word statement where you can share your reasons for taking the training and your reflections on the essay.
- 3) If your qualifications are not accepted, a full refund will be granted. If your application is approved, the relevant balance of your payment will need to be made. The amount depends on the date you apply (before or after the early bird rate) and the type of accommodation you choose (single or shared). When this payment is received, you will receive final confirmation of your place from Sussex Mindfulness Centre.

## **Bursary places**

We would like to make this training available to as many people as possible and there is a very limited number of bursaries. Applicants for the bursaries are asked to register for the training, pay the deposit (ie stage 1 above) and at the same time submit a required one-page essay to SMC at [smc@sussexpartnership.nhs.uk](mailto:smc@sussexpartnership.nhs.uk) which should address the following questions:

- Why do you wish to attend this training, and what are the specific financial or other barriers to your attending?
- How do you imagine implementing or integrating MSC into your life?

Decisions about the award of a bursary place will be made near to the start of the training. The amount of reduction in fee available will depend on the number of other applications received. Bursaries are very unlikely to be for less than the deposit amount. The initial deposit will be refundable for bursary applicants who do not receive an award.

## **Teacher Training Practicum (TTP)**

Details of this stage of the training, which takes place after successfully completing the week-long Teacher Training, can be found here:

<https://centerformsc.org/teach-msc-latest/>

These consist of ten 2.5 hour online sessions in which you practice teaching the different aspects of the MSC programme and receive feedback from Ali and Zoe, who may be assisted by additional teachers. These TTPs are usually held in groups of 16 so places are limited. Dates for the TTPs following the Nov 22 Teacher Training are:

**Mondays 5.00 - 7.30 pm**

9th January

16th January

23rd January

30th January

6th February

Miss a week (half term for many)

20th February

27th February

6th March

13th March

20th March

You can sign up for the TTP at the same time as for the Teacher training. The rate is £800. To reserve a place, please contact [smc@spft.nhs.uk](mailto:smc@spft.nhs.uk) to pay a non-refundable and non-transferable deposit of £300.

**Cancellation Policy**

A refund (minus your non-refundable and non-transferable deposit) will be made for cancellations submitted in writing before 1<sup>st</sup> December 2022. No refunds will be allowed after that date.

In the unlikely event that the course is cancelled, Sussex Mindfulness Centre is responsible only for a full refund of the registration fee and not for transportation, hotel accommodations or any miscellaneous expenses.

Please note that the final confirmation of a place on the TTP is dependent on successful completion of the Teacher Training. In the event that you are not successful in completing the TT, your deposit can be carried over to a subsequent TTP.