

Mindful Self-compassion (MSC) Teacher Training

Mon 21st – Sunday 27th November 2022

and online Teacher Training Practicums (Jan to March or April to July 2023)

with Ali Lambie and Zoe Shobbrook-Fisher



Teacher Training at the [Ammerdown Retreat Centre](#), Radstock, nr Bath, Somerset, UK
Hosted by [Sussex Mindfulness Centre](#). Delivered by the [Center for Mindful-Self-Compassion](#)

Based on pioneering research by Kristin Neff and integrated with the clinical perspective of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult emotions with care and understanding.

The three key components of self-compassion are self-kindness, a sense of **common humanity**, and balanced, **mindful awareness**.

Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to others, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warmhearted, connected, presence during difficult moments in our lives.

At the completion of this Teacher Training, participants should be able to:

- Deepen one's personal practice of responding to difficult emotions with mindfulness and compassion
- Summarize current basic theory and research on self-compassion
- Develop the skills necessary to facilitate MSC groups, including how to guide meditation, teach from each participant's direct experience, and facilitate group cohesion
- Identify obstacles to mindful self-compassion practice and strategies for overcoming them
- Embody a mindful and compassionate stance toward students of the MSC program as they confront challenges to their practice

Target Audience for teacher Training:

This intensive course, which runs over seven days, is intended for those who wish to teach the MSC program, those who would like to integrate mindfulness and self-compassion in their ongoing professional activities (i.e. psychotherapy, coaching, nursing, teaching, etc.), and individuals who have a professional interest in the field (i.e. researchers, administrators, etc.).

Cost of Teacher Training:

Early bird until 31st December 2021

Single occupancy room: **£1,500** Shared (twin or double) occupancy: **£1,400**

After 31st December 2021

Single occupancy room: £1,800 Shared (twin or double) occupancy: £1,700
(balance must be paid in full by 31st July 2022)

The Teacher Training application process is in 3 stages:

- 1)** Completion of registration form (from SMC) and payment of £500 deposit to Sussex Mindfulness Centre (SMC). You will be invoiced for the deposit once we have received this form.
- 2)** Completion of the Centre for Mindful Self-Compassion (CfMSC) online application form which will be reviewed by the trainers. Once the deposit is paid, you will be provided with a link to complete an online MSC Teacher Training Application including a 200-word essay where you can share your reasons for taking the training.
- 3)** Provided your application is accepted, you will then be invoiced for payment of the balance to Sussex Mindfulness Centre. Once this payment is received, you will receive a confirmation of your place.

Should your application in stage 2 not be accepted, or if this course is cancelled due to COVID, you will be refunded your deposit. Under any other circumstances, your deposit is non-refundable.

Teacher Training Practicum (TTP)

This is the next stage in the journey after Teacher training towards becoming a fully-fledged Mindful self-Compassion teacher. The **TTP consists of ten 2.5 hour online practice teaching sessions**. Our two options for the TTPs following the November 2022 Teacher Training are on

1. Mondays 5.00 - 7.30 pm from 9th January to 20th March 2023 OR
2. Thursdays 2.00 - 4.30 pm from 27th April to 6th July 2023.

Cost of TTP:

You can sign up for the TTP at the same time as for the Teacher training.

Early bird rate (on or before 31st December 2021): £725

Standard rate (after 31st December 2021): £800.

Balance is due by 29th October 2022

To reserve a place, please contact smc@sussexpartnership.nhs.uk to pay a non-refundable and non-transferable deposit of £300. 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 teacher training, your deposit can be carried over to a subsequent TTP.

Teacher Biographies:

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 eight 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.

E: SMC@sussexpartnership.nhs.uk

T: 0300 304 2057

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