

MAL HUXTER

Clinical Psychologist
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Mindful Self-Compassion (MSC) Intensive Coffs Harbour, NSW over 5 days from 13/4/19 till 17/4/19 Information sheet



Mindful Self-Compassion (MSC) is an empirically supported, training program designed to cultivate the skills of self-compassion and mindfulness. It can be conducted over eight weekly sessions or as a 5 day intensive training. MSC has been developed from the innovative research of Kristen Neff and the clinical expertise of Christopher Germer. The three key components of MSC are: self-kindness, a sense of common humanity and mindful awareness. Research demonstrates that self-compassion is strongly associated with the reduction of stress, anxiety and depression. It has also shown that MSC increases emotional wellbeing and the maintenance of healthy habits.

This course will aim to teach participants to:

- Practice self-compassion, mindfulness and loving kindness in daily life
- Understand, experientially, the empirically-supported benefits of self-compassion
- Motivate oneself with kindness rather than criticism
- Handle difficult emotions with ease
- Transform destructive emotional patterns and challenging relationships
- Approach difficult relationships with equanimity
- Practice the art of self-appreciation



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MSC is suitable for anyone who wishes to cultivate these skills. Professionals from health and education often attend MSC courses, as this training is helpful to prevent burnout and enhance wellbeing.

MSC sessions include meditation training and practice, short talks, experiential exercises, small and large group discussion, optional mindful-compassion movement and home practices. This MSC intensive will involve eight 2.5 to 3 hour training sessions and one 3-4 hour silent retreat focused completely on individual practice. The morning sessions are scheduled from 9.30am till 12.30pm and the afternoon sessions, for the most part, will be 2pm till 5pm. There may be exceptions on Monday afternoon (15/4/19) when we may finish a little later due to having a retreat and on Tuesday afternoon (16/4/19) when the afternoon will be scheduled as free time. Though participation in the whole intensive is recommended, it will be possible to attend just Saturday 13/4/19 till Monday the 15/4/19 (3 days) with an option to complete the course at a later date. In addition, even though it is not normally part of MSC, on this intensive Lisa will be offering an optional yoga session from 8.00am till 9.00am every morning over the five days of this MSC intensive.

Trainers

Malcolm Huxter is MSC teacher certified and a clinical psychologist who has many years of experience teaching mindfulness and the meditational development of compassion and loving-kindness. A practicing psychologist for over 27 years he has been teaching professionals since 2001. Malcolm trained in MSC with Neff and Germer in the UK in 2014 and has facilitated MSC courses in London, Brisbane, Lismore, Gold Coast, Byron Bay and Coffs Harbour. For more info about Malcolm go to: www.malhuxter.com

Lisa Brown is a MSC teacher in training, Psychologist, Mindfulness-based Stress Reduction (MBSR) facilitator and yoga teacher. She currently works in private practice in Bellingen and Coffs Harbour and facilitates Mindfulness-based Stress Reduction groups and Trauma Sensitive Yoga classes. She completed the MSC 6-day teacher training course with Chris Germer and Steve Hickman in April 2017 in Australia. For more info about Lisa go to: <http://mindfulnesspsychologywellbeing.com>

MSC workbook: as part of attending a MSC course, participants automatically receive MSC handouts. There is however, a newly published MSC workbook that can be purchased and used as a very helpful resource for the course. Malcolm has purchased a limited amount of workbooks that will be available at a discount rate of \$40 per copy. An option for ordering will be available on



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registration. Otherwise, workbooks can be purchased independently at \$45 through Footprints Bookshop <https://www.footprint.com.au/>

Helpful but not essential reading: “The Mindful Path to Self-Compassion: Freeing yourself from destructive thoughts and emotions” by Christopher Germer (2009), “Self-compassion: Stop beating yourself up and leave insecurity behind” by Kristen Neff (2011) and “Healing the heart and mind with mindfulness. Ancient path, present moment” by Malcolm Huxter (2016)

Venue: Casuarina Steiner School, Gentle St, Coffs Harbour, NSW Australia

Dates and times: Session one -9.30am-12.30pm, 13/4/19, Session two-2.00pm-5.00pm, 13/4/19, Session three -9.30am-12.30pm, 14/4/19, Session four -2.00pm-5.00pm 14/4/19, - Session five - 9.30am-12.15pm 15/4/19, Retreat 1.30pm-5.30pm 15/4/19. Session six – 9.30-12.30 16/4/19, Session seven-9.30am-12.30pm 17/4/19 and Session eight – 2.00pm-5.00pm 17/4/19.

Fee: Early Bird until 11/3/19 , 3 Day-\$400, 5 Day-\$650. After 11/3/19 , 3 day -\$450, 5 Day-\$690

Please note: the fee covers the cost of the course inclusive of morning and afternoon teas. Lunch will not be provided. You can bring a packed lunch, purchase lunch at a local food outlet or for an extra fee, book a lunch box with Karen Plumbe the course co-ordinator. Karen will provide options for a daily lunch box on registration.

Registration: <https://www.malhuxter.com/mindful-self-compassion-msc/>
Or contact Karen Plumbe on Karen@connectionworksaustralia.com or phone 0416017372

Prerequisites: No previous experience with mindfulness or meditation is required to attend MSC. To insure safety, participants are asked to provide background information to Malcolm and Lisa, which will be read with complete confidentiality.

May you be well and happy 😊

