



# MINDFUL SELF-COMPASSION (MSC) INTENSIVE CERTIFIED COURSE

BY SENIOR TEACHERS,  
MRS. HELLE LAURSEN  
AND MR. AMIR IMANI

## MINDFUL SELF-COMPASSION (MSC)

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MSC has been developed by Christopher K. Germer, PhD (<https://chrisgermer.com/about-chris-germer/>), clinical psychologist and lecturer on psychiatry at Harvard Medical School, and a leader in the integration of mindfulness and psychotherapy, and Kristin Neff, PhD, (<https://self-compassion.org/>) self-compassion researcher, author, and Associate Professor at the University of Texas at Austin.

This Intensive 4 day Mindful Self-Compassion (MSC) program offers an intense experience of the full curriculum of the 8-week Mindful Self-Compassion (MSC) training. You'll get a certificate of completion, and this training fulfills the pre-requisite for attending Teacher Training.

The Mindful Self-Compassion (MSC) program is a journey: an adventure in self-discovery and self-kindness, a practical training in compassion for oneself and others. The program is focused on giving you a felt-sensed experience of Self-Compassion, and consists of both formal and informal exercises. You will learn how to twist and enhance exercises to fit them to your life and everyday situations.

Rapidly expanding research has clearly demonstrated that Self-Compassion is closely linked to our mental health, emotional resilience, joy and the ability to create warm and supportive relationships, as well as reducing levels of stress, anxiety and depression.

## WHAT IS SELF-COMPASSION?

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Self-compassion is taking care of oneself with the same openhearted support that you would give a loved one when needed. It is the emotional attitude of mindfulness when we come in contact with suffering.

Mindfulness says, *„Open to your suffering with spacious awareness and acceptance, and it will change.“* Self-compassion adds, *„Be kind to yourself in the midst of suffering and it will change.“*

Mindfulness asks, *„What do I know?“* and self-compassion asks, *„What do I need?“*

The emphasis of the program being on enhancing our own emotional resources to meet challenges. Self-compassion provides emotional strength and resilience, allowing us to admit our imperfections, forgive ourselves, and respond to ourselves and others with care and respect, and be fully human.

## SELF-COMPASSION: HOW TO LEARN IT?

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Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who find it embarrassing to be kind to oneself.

It's a courageous mental attitude that stands up to harm, including the discomfort that we unwittingly inflict on ourselves through self-criticism, self-isolation, and self-rumination when things go wrong.

## WHO IS IT FOR?

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This program is designed for members of the general public, as well as for professionals who wish to integrate Mindful Self-Compassion into their work for others. Meditation experience is not necessary to participate in the MSC program. It is especially suited for those who wish to become more resilient in their daily life, and for managers, teachers, caregivers (in private life and/or work life) and any Health Care professionals seeking to integrate compassion even deeper into their work.

When signing up for the program, you'll be asked to fill out a short questionnaire.

## IN THIS MSC PROGRAM YOU WILL LEARN HOW TO

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- *stop being so hard on yourself*
- *handle difficult emotions with greater ease*
- *motivate yourselves with encouragement rather than self-criticism*
- *respond to feelings of failure or inadequacy with self-kindness*
- *transform difficult relationships, both old and new*
- *integrate core mindfulness and self-compassion exercises into daily life*
- *teach simple self-compassion practices to patients, students, clients or family*
- *describe the theory and research supporting mindful self-compassion*
- *practice the art of savoring and self-appreciation*

## MORE ABOUT THE PROGRAM

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The MSC program activities includes, guided meditations, short didactic topics, experiential exercises as well as small and large group discussions. The senior teachers are deeply committed to providing a safe and supportive environment for exploring Self-Compassion. This includes how one typically responds when difficult emotions arise, and will provide tools for becoming a warm and supportive companion to ourselves.

The emphasis of the program is on enhancing emotional resources and personal capacities.

FOR MORE INFORMATION ON MINDFUL SELF-COMPASSION,  
PLEASE SEE [WWW.CENTERFORMSC.ORG](http://WWW.CENTERFORMSC.ORG)

Recommended reading:

- *“The Self-Compassion Workbook”*, by Chris Germer and Kristin Neff
- *“The Mindful Path to Self-Compassion”*, by Christopher Germer
- *“Self-Compassion: Stop beating yourself up and leave insecurities behind”*,  
by Kristin Neff

COMPLETING THIS COURSE SATISFIES A PREREQUISITE FOR BECOMING  
A MINDFUL SELF-COMPASSION (MSC) PROGRAM TEACHER.

## GOOD TO KNOW

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Compassion has the paradoxical effect of both soothing and comforting as well as opening us to emotional distress that we might have been unconsciously holding inside us, often for many years. Therefore, some difficult emotions may surface during the program as we grow in our capacity to embrace and heal them.

The teachers are committed to provide an environment of safety, support, respect for privacy and individual responsibility, in the process of developing compassion for oneself and others.

For optimal benefit of the program, we suggest you do not make plans for the evenings, as most participants find it comforting to have time to rest and integrate the work that is done through the day.

We also suggest you let your loved ones know that you will not be very accessible during those days, as we will ask you to strongly limit using your mobiles, computers, and electronic devices throughout the course. If you need to have a phone open, please let the teachers know.

## ABOUT THE TEACHERS

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### HELLE LAURSEN

is a Certified MSC Teacher, a Heartfulness meditation Trainer, and has a private practice in Silkeborg, Denmark, with 15 + years of experience in supporting people on sick leave due to mental health issues. For more than 20 years she has been a dedicated student of Heartfulness meditation and enjoys regular visits to Ashrams, to deepen her own practice and understanding.

After completing her M.A., she became a ICF certified coach, and had a position of Leading Mentor Coach in the largest Coach Training Institute in Denmark, for 10 + years, as well as holding a position of Head of Project for a regional based 12 week program for those of sick leave from jobs due to mental health issues like stress, depression and/or anxiety.

In her private practice, she uses mindfulness and compassion based approaches, and specializes in caregivers, in building resilience in general, and in navigating in life transitions.

Helle works with varied groups, but primarily with social workers, teachers, psychologists, therapists, nurses and other industries who work in and with relations to clients, citizens, students. She offers individual and corporate compassion programs, classes, workshops, retreats and hourly consultations.

Helle is committed to bringing compassionate awareness into everyday life, so that life can be even more enjoyable and rich and meaningful. For more information about Helle, please visit her website.

[NORDIC-COMPASSION.DK](http://NORDIC-COMPASSION.DK)



### AMIR H. IMANI

holds a Master's degree in Counseling and Adult Education from University of Toronto, Canada. He worked in mental health research at the Department of Psychiatry of University of Toronto, and has studied and practiced the effect of mind-body integration in mental health and balanced living since the year 2000.

He is a Senior Mindfulness Teacher from the Centre for Mindfulness in Medicine, Health and Society at the University of Massachusetts Medical School, and has been teaching Mindfulness to different groups including Mindfulness trainers, corporate staff and executives since 2005.

Through his personal and professional interest in body-mind medicine, Amir has trained with Dr. Jon Kabat Zinn himself, creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.

Amir has also trained with pioneer leading teachers including Joseph Goldstein and Larry Rosenberg. He is the Co-founder/director of the Indian based Omega Wellbeing, founding director of the only hospital based MBSR program in the Middle East region.

Past two decades Amir has been conducting MBSR courses, silent retreats and teachers training for public, health professionals, and corporates, working closely with CFM at UMASS Medical School.

Amir lives with his family in India, but travels internationally, holding workshops and retreats for public and organizations, such as UNFPA, IBM, University of Madras, etc.

## ABOUT THE LOCATION OF THE EVENT:

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PRAGUE, CZECH REPUBLIC. The precise address will be sent to you in your registration confirmation letter.

## WHAT TO BRING WITH YOU:

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- Please bring your yoga mat or pillow with you
- For seated meditation exercises, you want to be as comfortable as possible, so loose-fitting clothing is suggested.

## TIMETABLE OF THE EVENT:



THURSDAY  
JULY 4<sup>TH</sup>, 2019

We start every day at 9:00 AM  
and end at 6:00 PM.

SUNDAY  
JULY 7<sup>TH</sup>, 2019:

There will be a lunchbreak with time  
to rest or go for a short walk.

## PRICE:

**650 EUR** / person is payable in advance.

Because of the exceptional character of the teachers' visit from abroad, we would like to kindly inform you that the cancellation policy is as follows:

- *30% of the participation fee is non-refundable.*
- *for a 70% refund of participation fee, the cancellation must be made by 20<sup>th</sup> of May 2019.*
- *for a 50% refund of participation fee, the cancellation must be made by 3<sup>rd</sup> of June, 2019.*
- *After 3<sup>rd</sup> of June 2019, the participation fee is not refunded.*

The price includes the 4 day Intensive certified course fee, a handout booklet, nice refreshments during the day and lunches. This price does not cover any other expenses (food, transport, accommodation).

In the unlikely event that the course is cancelled, Happy Heart z.ú. is responsible only for a full refund of the registration fee and not for transportation, hotel accommodations or any other expenses.

EARLY  
BIRD:

In case of payment before April 30th, 2019,  
an early bird price is offered at **525 EUR** / person.

## PAYMENT METHOD:

All payments must be done in advance by bank transfer to Happy Heart z.ú. bank account

Name of organisation:	HAPPY HEART, z.ú.
Bank account number:	115-2831520217/0100
IBAN:	CZ5701000001152831520217
BIC / SWIFT code:	KOMB CZPP XXX

Upon completing the registration form, you will receive an email with confirmation of the information entered, registration number (###) and payment indications. Please follow the instructions and use the bank account indicated here and in the email.

The payment reference of the money transfer should be your registration number (###)

Upon receipt of the registration and the corresponding payment, Happy Heart z.ú. will send an invoice to the participant which also serves as a confirmation.

## CANCELLATION OF YOUR REGISTRATION:

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In case of cancellation, please notify Happy Heart z.ú. in writing only, at: [info@happyheart.cz](mailto:info@happyheart.cz), sending your exact bank details with the written cancellation.

In case of applicable refunds, they will be processed within 7 working days.

## TESTIMONIALS

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*"I would like to thank you from the bottom of my heart. I have always struggled with self-critical and negative emotions towards myself... I was completely amazed by the idea of finally being kind to myself, of recognizing what is really going on within and noticing I am not alone in my suffering. (This) was beyond transformative."*

Laura G.

*"Thanks for such a great opportunity to learn and practice self-compassion. Never really saw how incredibly, incredibly critical of myself I am....but that I could also learn to silence the inner critic."*

Linda K.

*I woke up with my usual feelings of dread over my physical pain and then suddenly remembered oh I can practice kindness toward myself.... I put my hand on my heart, and looked into my own eyes, and then I beamed kindness and love to myself. I stayed that way for a few minutes ... It was a sweetness that I didn't know was possible....*

Mary M.



## REGISTRATION:

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Please register here: <http://www.happyheart.cz/en/4-day-intensive-certified-msc-course-july-2019>

FOR ANY ADDITIONAL QUESTIONS,  
PLEASE CONTACT US AT:

**INFO@HAPPYHEART.CZ**  
**+420 736611621**

**HELLE@NORDIC-COMPASSION.DK**  
**+45 30257548**