



*“The time came when the risk to remain tight in a bud
was more painful than the risk to blossom...”*
– Anais Nin

**MINDFUL SELF-COMPASSION (MSC)
8-Week PROGRAM**

Developed by
Kristin Neff, PhD, and Christopher Germer, PhD

Facilitated by Emmanuelle Barone, MSC Trained Teacher, MHSW, Therapist

In Pierre, SD
Every Monday 6-9pm
April 1st to May 20th 2019
And a 4-hour Retreat around week 5

The Lemon Tree – 111 Baja Drive – Pierre SD 57501
Call (605) 295-1855



The Lemon Tree offers one on one sessions in Mental Health and Life counselling and coaching, Art Therapy, Mindfulness Meditations Workshops, the 8-week Mindful Self-Compassion Program (MSC), and other activities and programs that can be tailored to the needs of your group, business or organization across the state.

Emmanuelle Barone started The Lemon Tree in July 2015 after moving to Pierre, South Dakota. She is from Adelaide in South Australia where she worked as a licensed Mental Health Social Worker, a licensed Counselor and an Art Therapist.

In 2014, she started studying Mindful Self-Compassion (MSC) at the UCSD (University of California San Diego) Centre for Mindfulness. Through the MSC Program and the MSC Teacher Training course, she was privileged to be trained by the creators of the MSC Program, Kristin Neff and Chris Germer, as well as Michelle Becker and Steve Hickman.



Mindful Self-Compassion (MSC)

How do you typically react to difficulties in life—work stress, feeling rejected, physical problems, or financial hardship? As human beings, most of us instinctively fight negative experiences and find fault in ourselves when things go wrong: “This shouldn’t be happening!” “What’s the matter with me!?” Unfortunately, this tendency just adds stress to our lives and the critical self-talk defeats us before we know what’s happening.

For example, the more we struggle to fall asleep, the harder it is to sleep; fighting with anxiety makes us feel worried all the time; and blaming ourselves for feeling bad just makes us depressed.

But what would happen if, instead, you took a moment to calm and comfort yourself when you felt bad, just because you felt bad—much like you’d do for others? In other words, what if you learned the art of mindful self-compassion?

Self-compassion is a skill that can be learned by anyone, even people who didn't receive enough affection in childhood or who find it embarrassing and difficult to be kind to themselves. Self-compassion is actually a courageous mental attitude that stands up to harm—the harm that we inflict on ourselves every day by overworking, overeating, overanalyzing, and overreacting. With mindful self-compassion, we're better able to recognize when we're under stress and face what's happening in our lives (mindfulness) and to take a kinder and more sustainable approach to life's challenges.

Self-compassion gives emotional strength and resilience, allowing us to recover more quickly from bruised egos to admit our shortcomings, forgive ourselves, and respond to ourselves and others with care and respect. It helps us accept that making mistakes is part of being human. Self-compassion also provides the support and inspiration required to make necessary changes in our lives and reach our full potential.

Research has shown that self-compassion greatly enhances emotional well-being. It boosts happiness, reduces anxiety and depression, and can even help you stick to your diet and exercise routine. And it's easier than you think. Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention whenever you needed it most? All that's required is a shift in the direction of our attention—recognizing that as a human being, you are a worthy recipient of compassion.



The 8-Week Program in Mindful Self Compassion (MSC)

Mindful Self-Compassion (MSC) is an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, the MSC course teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

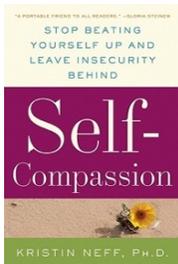
The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warm-hearted, connected presence.

The 8-week MSC course has proven how Self-Compassion benefits everyone. Self-Compassion is a courageous attitude helping us standing up for ourselves, challenging patterns of harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to gently admit and accept our shortcomings, motivate

ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.

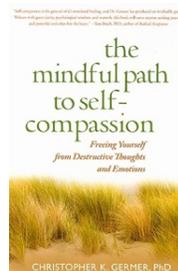
Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships.

It is recommended that participants read one or both of the following books before or during the program:



Self-Compassion: The Proven Power of Being Kind to Yourself, by Kristin Neff

Kristin Neff is Associate Professor in Human Development and Culture, Educational Psychology Department, University of Texas at Austin.



The Mindful Path to Self-Compassion, by Chris Germer

Christopher Germer is a clinical psychologist who specializes in mindfulness and compassion-based psychotherapy and the author of many books including 'A Mindful Path to Self-Compassion'.

In the MSC program, you learn to:

- About theory and research behind mindful self-compassion
- Develop Self-Awareness
- Recognize habits of self-criticism
- Stop being so hard on yourself
- Handle difficult emotions with greater ease
- Listen to your needs
- Motivate yourself with kindness and encouragement rather than criticism
- Embrace who you are
- Transform difficult relationships, old and new
- Manage Caregiver fatigue
- Practice Mindfulness and self-compassion in everyday life
- Practice the art of savoring and self-appreciation
- Become your own best teacher

What To Expect

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. MSC is a workshop rather than a retreat. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life.

MSC is primarily a compassion training program rather than mindfulness training like Mindfulness-Based Stress Reduction (MBSR), although mindfulness is the foundation of self-compassion.

MSC is also not psychotherapy insofar as the emphasis of MSC is on building emotional resources rather than addressing old wounds. Positive change occurs naturally as we develop the capacity to be with ourselves in a kinder, more compassionate way.

It is said that “love reveals everything unlike itself.” While some difficult emotions may arise when practicing self-compassion, MSC teachers are committed to providing a safe, supportive environment for this process to unfold, and to making the journey interesting and enjoyable for everyone.

Prerequisites

No previous experience with mindfulness or meditation is required to attend the MSC course. To insure safety, participants are asked to provide background information when they register for the program. This program fulfills one of the prerequisites for becoming a MSC teacher. For more information on MSC and MSC Teacher Training, please visit www.centerformsc.org.

The 8-week format

Consists of 8 weekly sessions of 3 hours each, in a class/discussion group format, plus a 4-hour, half-day retreat on a Saturday or Sunday just after week 5.

It is recommended that participants plan to attend every session, as this is a professional course format with a specific curriculum.

In Spring 2019, The Lemon Tree offers the 8-week MSC course starting:

- Monday April 1st, 6pm to 9pm every Monday for 8 weeks. The retreat date will be discussed with the participants. Last class will be on Monday May 20th 2019.

This course counts for 2.8 CEUs or 28 Continuing Education (CE) hours with The SD Board of Social Work Examiners and with the Board of Addiction and Prevention Professionals (BAPP), and for 24 CE hours with the Yoga Alliance.

Price:

Early Bird until March 10 th 2019	\$480 + 6.5% SD tax
Full price from March 11 th 2019	\$530 + 6.5% SD tax

Price includes a work booklet, a diary for your notes, weekly class update emails, additional material, light refreshments and snacks.

Course fees must be paid in full with booking.

Cancellation policy:

Fees are generally not refundable except in case of challenging unforeseeable reasons.

However, it is transferable to another person or you can attend the course at a later time or at a different location.

The MSC Program can be delivered at your organization, business or facility, please contact Emmanuelle Barone at The Lemon Tree to discuss possibilities.

Please contact Emmanuelle Barone (605) 295-1855 if you have any questions.

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Website www.thelemontreecoaching.com

