

# Mindful Self-Compassion (MSC)

8-week in-person course



Do you ever notice that you are very understanding and loving with your friends, but can sometimes be quite harsh and critical towards yourself? Perhaps you tend to focus more on your weaknesses than on your strengths, or to blame yourself when things go wrong? Or maybe you burden yourself unnecessarily with demands for perfection? So many of us experience this, especially during particularly stressful times. Mindful Self-Compassion can help. The ability to treat ourselves with kindness and love can be learned.

## Course content

This eight-week, science-based training program provides core ideas and effective tools that enable us to respond to difficult feelings and stressful situations with more equanimity and kindness. Simple exercises and meditations support us in cultivating compassion, friendliness and caring towards ourselves. We become aware that all people go through difficult times and that this connects us with one another. Over time, we gradually learn to be a good friend to ourselves, through all the ups and downs, and to care for ourselves lovingly - just as we do for those around us.

Scientific studies show that practicing self-compassion promotes emotional well-being and leads to greater satisfaction in relationships. It also reduces stress, anxiety, and depressed mood, and supports us in adopting sustainable self-care behaviors.

## Methods

The course consists of guided meditations, short lectures, self-awareness exercises, sharing in the group and exercises for practicing at home and in everyday life.

## Course times

8 sessions of 3 hours each, usually weekly, plus a 5-hour retreat on a Saturday or Sunday.

## Course Teacher

Rita Girzone, MA. Teacher, Counselor and Coach IBP (Integrative Body Psychotherapy), SGfB Trained Teacher in Mindful Self-Compassion, accredited by Center for Mindful Self-Compassion.

## Course location

In a room in District 6 in Zurich, to be determined according to the size of the group.

## Costs

Group course with 6 - 12 persons Fr. 760. --; for small groups or semi-private upon request

## Inquiries and registration

rita.girzone@gmail.com, 079 775 10 53

## **For whom is Mindful Self-Compassion suitable?**

Self-compassion can be learned by anyone. No prior experience with mindfulness training or meditation is required. Participants should be able to explore their inner bodily and emotional experience with their eyes closed, without being overwhelmed.

To get the most out of the course, participants should plan to spend 15-30 minutes a day practicing mindfulness or self-compassion in a pleasant and beneficial way.

## **Feedback from course participants:**

*Through the course I listen more to my heart, do more of what is good for me and also better accept the various struggles of life. I like to think back to the course and can highly recommend it!*

*I was able to just come down during the course evenings. The meditations were very relaxing and the conversations were good and supportive. I learned a lot for everyday life.*

*Mindful Self-Compassion taught me that dealing with myself in a kind and loving way often gets me further than self-criticism. I use the practical and short exercises to cope better with difficult everyday situations. I have already attended the course three times and can only recommend it!*

*MSC has helped me quite a bit to better deal with every day and school stress. The course methods were varied and engaging, and the atmosphere was supportive and deeply beneficial.*

*I found the exchange with the other participants extremely valuable because it made me aware that others have similar difficulties. I also learned to accept and better deal with stressful situations.*

*Since the course, I look more at what is good for me and I am less hard on myself. I can highly recommend the course!*

## **Further information on Mindful Self-Compassion and the 8-week MSC Course:**

<https://centerformsc.org/>

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