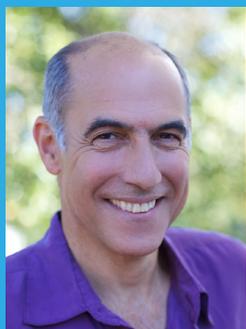


Mindful Self-Compassion

“What if I should discover that the least among them all, the poorest of all the beggars, the most impudent of all the offenders, the very enemy himself—that these are within me, and that I myself stand in need of the alms of my own kindness—that I myself am the enemy who must be loved—what then?”
- Carl Jung

ABOUT THE INSTRUCTOR:



Daniel Ellenberg, PhD is a licensed therapist, group facilitator, leadership coach, organizational trainer, consultant, and author. As co-founder of Relationships That Work®, he specializes in helping individuals, couples, and groups clarify what they want, plan for how to create it, and learn the personal and interpersonal tools they need to be successful. Sometimes he even provides a gentle nudge to take necessary action. As a principal at Rewire Leadership Institute®, he helps leaders and teams get their work done more smoothly and happily by becoming more aware and facile in their work relationships. He focuses on developing self-awareness, authenticity, and interpersonal openness for both self-fulfillment and healthy, vigorous relationships.

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All human beings experience joys and sorrows. While joys are welcome, when things go wrong—or we believe they will go wrong—our natural tendency is to resist what we’re feeling, e.g., tensing up, casting blame, distracting ourselves. Mindfulness, in contrast, is about turning toward and opening to moment-to-moment experience without defensive overlays, just as it is. Self-compassion is about responding to ourselves with understanding and kindness when things go wrong. Both mindfulness and self-compassion go against our instinctual or habitual reactions, but once learned, they become a radically new and rewarding way of relating to our experience and to ourselves. Paradoxically, the very willingness to face pain eases and lessens our overall experience of it.

So how can we be mindful and self-compassionate in the face of the very real stresses we face through social pressures, family obligations, financial concerns, relationship challenges, or health scares? How can we meet the suffering that we all experience at times? We must practice. We know that repeated practice in any realm changes the brain—what Rick Hanson refers to as self-directed neural plasticity. The practice of meeting suffering with self-compassion and mindfulness is known to minimize pain, increase satisfaction, and maximize resilience. These skills can be learned.

Fortunately, there’s a powerful 8-week training designed to cultivate and integrate the skills of mindfulness and self-compassion. Mindful Self-Compassion (MSC) is based on ground-breaking research by Kristin Neff and integrated with the clinical perspectives of Christopher Germer. It incorporates empirically-supported tools and techniques that enable participants to respond to challenging, even painful, moments with kindness, care, understanding, and wise action. Enormous research has confirmed the positive results generated through mindfulness. Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional well-being; less anxiety, depression, and stress; maintenance of healthy habits such as diet and exercise; and satisfying personal and professional relationships.

The weekly 2.5-hour class includes guided meditations, short talks, experiential exercises, and group discussion. In addition to the weekly class, there is a 4-hour retreat. No previous meditation experience is required although the willingness to develop a regular compassion-based sitting meditation practice is a key component of the training. Participants should plan to attend every session and be willing to practice the compassion-based guided meditations for at least 20 minutes a day, 5 days a week during the course. Please do not sign up for this course if you cannot commit to missing no more than two of the Tuesday night classes during the course. This course fulfills one of the prerequisites for becoming a Mindful Self-Compassion teacher.

This class is limited to 12 participants.

Relationships That Work®

You Will Learn To:

- Increase kindness and compassion for yourself and others
- Calm the mind and direct thoughts in a more positive way
- Motivate yourself with kindness rather than criticism
- Reduce defensive reactions
- Increase resilience both personally and interpersonally
- Experience more energy
- Savor and appreciate your life
- Develop more self-compassion in daily life

Weekly Topics:

- January 15: Discovering Mindful Self-Compassion
January 22: Practicing Mindfulness
January 29: Practicing Loving-Kindness
February 5: Discovering Your Compassionate Voice
February 9: Half Day Retreat (Saturday)
February 12: Living Deeply
February 19: Managing Difficult Emotions
February 26: Transforming Challenging Relationships
March 5: Embracing Your Life

Who Attends:

Anyone who wants to develop their natural capacity for mindfulness, joy, compassion, awareness, and self-compassion, as well as:

Educators	Counselors	Coaches	Mentors
Therapists	Managers	Parents	Supervisors
Clinicians	Executives	Facilitators	Social Workers

Continuing Education Credits:

Relationships That Work® is approved by the California Association of Marriage and Family Therapists (CAMFT) to provide continuing education to LMFTs, LCSWs, LPCCs, and LEPs. Provider #78987.

The Mindful Self-Compassion course meets the qualifications for 24 hours of continuing education credits for LMFTs, LCSWs, LPCCs, and LEPs as required by CAMFT and the California Board of Behavioral Sciences. CE certificates are distributed upon successful completion of the course, payment of the course fee, payment of the additional \$75 CEU fee, and receipt of the course evaluation form.

Logistics:

Dates	Tuesday Evenings January 15 - March 5, 2019 PLUS Half Day Retreat on Saturday, February 9, 2019	
Times	Tuesday Evening Sessions run 7:00pm - 9:30pm Half Day Retreat Session runs 9:00am - 1:00pm	
Location	Novato, CA	
Course Fee	\$400 - \$800 sliding scale. The sliding scale is based on an honor system in which you contribute what you believe you can afford.*	
Contact & More Information	Daniel Ellenberg	daniel@relationshipsthatwork.com (415) 883-5600
Registration	Limited to 10.	Contact Judith at (415) 883-5600 or email judith@relationshipsthatwork.com to register.

ABOUT THE INSTRUCTOR

(continued):

Daniel is co-author of *Lovers for Life: Creating Lasting Passion, Trust, and True Partnership* with his wife, Judith Bell. They often collaborate, including the co-creation of Resilience Dynamics®, a resilience training course designed for NASA. Daniel is a board member of the Wellspring Institute for Neuroscience and Contemplative Wisdom and a founding member of the Men's Counseling Guild, and a board member for the California Institute of Integral Studies.

For RTWs Cancellation/Refund Policy, Grievance Procedures, or to Request Accommodations for a Disability, please contact: Relationships That Work®
attn: Judith Bell
19 Winged Foot Drive
Novato, CA 94949
415-883-5600 or via email:
judith@relationshipsthatwork.com

* No one will be turned away for lack of funds. If the bottom of the sliding scale feels unaffordable, please contact Daniel to discuss a fee that works for you.