

*Mindful Self
Compassion*

SC-MSC is a 6-week adaptation of the empirically supported 8-week **Mindful Self-Compassion (MSC)** program designed to begin the cultivation of the skills of self-compassion.

The SC-MSC program draws on the skills of mindfulness and focuses on developing the resource of self-compassion to enhance our capacity for emotional wellbeing. Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. It is an inner strength that enables us to be more fully human—more fully ourselves.

Registration closes on **24th December 2020** (Thursday)

To register: Indicate your interest to your psychiatrist or email DPM admin (DPMvid@kkh.com.sg)

Registration fee is non-refundable

For more details, please call: 63942205

If your compassion does not
include yourself, it is incomplete.

Jack Kornfield

Qualified Instructors

✱ **Compassionate, Healers** ✱

The group is led by experienced psychologists and counsellors.

SC-MSC was developed by **Kristin Neff, PhD**, the pioneering researcher in the field of self-compassion and **Christopher Germer, PhD**, a leader in the integration of mindfulness, compassion and psychotherapy. The SC-MSC 9-hour program was developed to allow participants to begin to learn a targeted set of MSC practices with less initial time commitment than the full 26-hour MSC program.

Details

Date: 4th January- 8th February
(Every Monday; 6 sessions X 90 mins)

Time: 2.00 pm to 3.30 pm

Venue: Online

Cost: \$150/ \$300 (private)

(Price is inclusive of GST)