



Center for  
Mindful Self-Compassion

# Mindful Self-Compassion

## *Training Retreats in Vietnam and Kenya*

### Overview

Are you passionate about emotional wellbeing and would like to learn more about the combined skills of mindfulness and self-compassion? Do you wish to cultivate self-compassion skills for daily life? Have you dreamed of immersing yourself in a unique culture in Africa or Asia and engaging deeply with local and international colleagues? Would you like to be part of helping local clinicians and professionals to experience more of MSC and to support them in learning to share the program and the practices with the people most in need of it in their community?

CMSC and GEI invite professionals and students interested in Mindful Self-Compassion (MSC) to join a unique training retreat. International delegations travel to a developing country in Africa or Asia to engage with local professionals and enjoy an MSC intensive course. Every person who signs up to attend, will allow two local people to also participate in the program, thereby meeting the main pre-requisite for attending MSC Teacher Training in the future. Our destinations include Vietnam and Kenya.

### Highlights

- Learn to practice mindfulness and self-compassion in daily life.
- Understand the current scientific research underlying the skill and attitude of self-compassion.
- Gain invaluable intercultural competence relevant to your profession.
- Share your knowledge and gain cultural insight through a unique African or Asian perspective on emotional wellbeing.
- Benefit from the professional exchange with other participants and local colleagues.
- Support the inclusion of local clinicians and individuals in the program, in order to actively enhance MSC skills in other cultures.
- Add your personal piece to a growing global network of professionals and benefit from its connections.
- Explore an exciting destination in a meaningful way and immerse yourself in the culture of your hosts, while supporting the local community.



### AT A GLANCE

#### Vietnam:

Dates: March 2-10, 2019

Fees:

- US\$ 1,780 program fee (shared room)
- US\$ 500 CMSC registration fee
- Discount for expats living in Vietnam  
only interested in the training: US\$ 1,100

Optional extension:

- Angkor Wat, Cambodia

#### Kenya:

Dates: March 16-24, 2019

Fees:

- US\$ 2,280 program fee (shared room)
- US\$ 500 CMSC registration fee
- Discount for expats living in East Africa  
only interested in the training: US\$ 1,600

Optional extension:

- Maasai Mara National Reserve safari

## Program Background

**The Center for Mindful Self-Compassion (CMSC)** was originally founded in 2012 in the USA by the developers of MSC, Christopher Germer, PhD, and Kristin Neff, PhD. CMSC is an international nonprofit organization - a vibrant center for the learning, teaching and practice of self-compassion worldwide. CMSC's vision is to contribute to a more compassionate world through cultivating deep understanding and personal practice of self-compassion. We believe that mindfulness and self-compassion are basic human capacities that can be cultivated to support well-being and reduce suffering in the world. We want to cultivate an inclusive, caring and multi-cultural community that allows individuals to thrive, and foster a professional global community in service of self-compassion and compassion.

**Mindful Self-Compassion** can be learned - more correctly, remembered - by anyone. It is one essential foundation of emotional healing - being aware in the present moment when we're struggling with feelings of inadequacy, despair, confusion, and other forms of stress (mindfulness) and responding with kindness and understanding (self-compassion), aware that all human beings experience similar emotions and that we are all interconnected in this (common humanity). Mindful self-compassion also means holding difficult emotions - fear, anger, sadness, shame and self-doubt - and ourselves, in loving awareness, leading to greater ease and well-being in our daily lives. It's the practice of cultivating an attitude of good will toward ourselves, cultivating the same desire that all living beings wish to live happily and free from suffering.

**MSC Intensive** is an intensive format of the full eight-session MSC curriculum, usually consisting of an introductory evening, four full days of training, and a final morning of training and closing. Intensives are primarily taught by Certified MSC teachers who have completed additional MSC teacher training. It is a deep dive into the practice of self-compassion. While it can be emotionally challenging, this concentrated practice allows you to immerse yourself very deeply and experience its transformative potential. Attendance at the MSC Intensive satisfies a pre-requisite to ultimately attend MSC Teacher Training and become a teacher of the program.

## Typical Program Itinerary

- Day 1 Personal welcome at the airport | welcome dinner
- Day 2 Program briefing | exploration of the city and the host culture
- Days 3-6 MSC intensive training for participants and local colleagues
- Days 7-8 Cultural highlight: Exploration of the Mekong Delta (Vietnam) or safari game drives in the Maasai Mara National Reserve (Kenya)
- Day 9 Day at own disposal | personal farewell at the airport (or start of an optional post-program extension)



### Center for Mindful Self-Compassion

10601-G Tierrasanta Blvd, #205  
San Diego, CA 92124, USA  
[mail@centerformsc.org](mailto:mail@centerformsc.org)  
[www.centerformsc.org](http://www.centerformsc.org)

### Global Engagement Institute

426 State St, #4001, Schenectady, NY 12305, USA  
Rossinistr. 4, 13088 Berlin, Germany  
[programs@global-engagement.org](mailto:programs@global-engagement.org)  
[www.global-engagement.org](http://www.global-engagement.org)