



præsenterer:

**3 day workshop  
Practicing Mindful Compassion**

**Århus – Denmark**

**28 – 30 April, 2013**

***V. Choden (aka Sean Mc Govern)***

University of Aberdeen, Scotland

***Outline***

This workshop will focus on teaching skills of Mindful Compassion. Mindfulness is the foundation for practicing compassion. It involves learning to settle and stabilise our mind so we are not pulled in different directions by discursive thinking. An important part of mindfulness practice is working with acceptance and learning not to fight with what arises in our experience. On the basis of mindfulness and acceptance the ground is in place to practice authentic compassion. This requires that we open up to our messy humanity as this is the fertile ground for giving birth to the compassionate heart. The starting point is to practice compassion for ourselves. This requires that we become aware of how our emotional systems function, and learn to access our soothing (care giving) system and work with our destructive habits of self criticism, self isolation and self absorption. On the basis of self compassion we are in a position to open out with compassion to others. We will work with compassionate imagery and the Buddhist practice of *tonglen* as methods of widening our circle of compassion.

***Structure***

The workshop will be strongly experiential. We will draw on the wisdom and insights from Neuroscience, Psychology and Buddhism. There will be short presentations, guided practice and inquiry into how the practices impact on our experience. There will also be periods of sitting practice and instruction on how to apply mindful compassion in our daily lives.

## **Themes**

- We will impart simple mindfulness methods for learning to settle and stabilise our mind so we can disengage from our incessant involvement with thinking and view what arises with a non-judging awareness.
- We will work with acceptance and learn to counteract patterns of inner resistance and struggle; in this way we make space for the different parts of ourselves and learn to befriend them. In particular we will work with the RAIN practice (recognising, allowing, intimate attention and non-identification).
- We will draw on the evolutionary model of Paul Gilbert and see how so much of what arises in our experience is not of our choosing and not our fault. This is the context within which to practice Mindful Compassion – freeing ourselves from self blame, and seeing how we are all part of the flow of life.
- We will identify the 3 main emotional systems that direct our lives: threat, drive and soothing. We will look at how threat has become internalised and how we get locked into self criticism, self isolation and self absorption. We will also look at why the soothing system that is so crucial to wholeness and balance is underdeveloped, and we will introduce simple methods for activating our capacity for self soothing. We will do this by working with the Kristin Neff model of self compassion: mindfulness, kindness and common humanity.
- We will also work with compassionate imagery as way of building up our inner resources for dealing with stress and difficulty. In particular we will work with the flow of compassion in different directions: learning to open up to compassion from others by doing the compassionate image practice, and learning to be compassionate to ourselves and others by doing the compassionate self practice.
- Finally we will introduce the Buddhist practice of *tonglen* – taking and sending – which is a practice for engaging directly with difficulties and blocks that arise and learning to transform negative energy into a healing resource in our lives.

## **Course Leader**

Choden (aka Sean McGovern) will lead the workshop. He has recently co-written a book with Prof. Paul Gilbert, the founder of Compassion Focused Therapy, entitled 'Mindful Compassion'. The book is due to be published in January and the workshop will largely be drawn from this book. Choden leads Mindful Compassion workshops with Paul Gilbert in the UK and Europe. He is originally from South Africa where he trained and worked as a lawyer. He was a Buddhist monk for 7 years and undertook a three year, three month retreat in 1993. He is now involved in developing secular

mindfulness and compassion programmes drawing upon the wisdom and methods of the Buddhist tradition, as well as contemporary insights from psychology and neuroscience. He is an honorary fellow of the University of Aberdeen in Scotland and teaches on their Postgraduate Programme in Mindfulness (MSc) that is the first of its kind to include compassion in its curriculum.

**Praktisk if. tilmelding og kursus:**

**Kursusudbyder og kursusansvarlig:**

Camilla Grønlund, Act house psykologerne, Frederiksgade 74, a, 1.th, 8000 Aarhus.

**Målgruppe:**

Workshoppen henvender sig til fagpersoner, der arbejder indenfor det psykologiske/psykosociale felt og har klientkontakt (f.eks psykologer, læger, sygeplejersker, pædagoger, socialrådgivere, og psykoterapeuter).

Workshoppen vil foregå på engelsk.

**Sted:**

Jysk Psykologcenters kursuslokaler, Frederiksgade 75-77 indgang C, 8000 Aarhus C

**Dato:**

Søndag d. 28 april, mandag d. 29 april og tirsdag d. 30 april, alle dage 9-16.

**Tilmeldingsfrist:**

mandag d. 25 marts 2014

**Pris:**

3400,00 ekskl. moms (kr. 4250,00 inklusiv moms).

Kursus gebyr vil omfatte kursusmaterialer, kursusbevis, kaffe/te, frugt formiddag, frokost og eftermiddagskaffe og sødt.

Bindende tilmelding via email til Camilla Grønlund:

[camilla@acthouse.dk](mailto:camilla@acthouse.dk) (telefon 28767436).

**HUSK VED TILMELDING:**

Anfør faktureringsoplysninger herunder ean-nummer ved offentlige betalere. Faktura fremsendes umiddelbart efter tilmeldingsfristens ophør.