

# Mindful Self-Compassion (MSC) Training

Fort Collins, Colorado

Self-compassion is an emotional skill that can be learned by anyone. Research shows that self-compassion greatly enhances emotional wellbeing, reduces anxiety /depression and increases social connectedness. This workshop will provide essential tools for helping you to become more effective and successful by treating yourself in a respectful, compassionate way.

## How do you know if this course is for you?

Do you wish to learn:

- + How to motivate yourself with kindness rather than criticism?
- + The art of cultivating kindness and compassion for yourself and others?
- + How to handle difficult emotions with greater ease?
- + How to transform challenging relationships?
- + How to enjoy your life more fully?

If you answer "yes" to any of the above questions, consider enrolling in this training!

**Class meets:** Every Monday, 6:00pm-8:30pm starting Feb. 13<sup>th</sup>, 2017 for 8 weeks + 1/2 day retreat on March 25<sup>th</sup> (No class during the week of Spring Break)

**Cost:** \$425 for the entire course (That's only \$17.70 an hour! - Limited scholarships available upon request)

**Location:** OneSource Holistic Healing Center - 134 W. Harvard St. #6, Fort Collins, CO, 80525

**Facilitator:** Faith Brandt, MEd., LPC. is a Counselor who has taught yoga and mindfulness practices for 17 years. She is trained to teach Mindful Self Compassion, Mindful Eating, and Mindfulness Based Stress Reduction through the University of California San Diego's Center for Mindfulness. Faith is passionate about facilitating group experiences, which invite participants to increase self-awareness and create satisfying life changes. It is her pleasure to create an atmosphere that includes mindful attention, authentic understanding, and the encouragement needed for the voyage into change, healing and expansion.

**Co-facilitator:** Amberly Smith, M.S., MFTC is an Individual, Couple and Family Therapist currently working at her private practice in Old Town, Fort Collins and teaching undergraduate classes at Colorado State University. She has experience working with clients as young as 10 months to 89 years of age. Amberly also has experience facilitating Mindfulness-Based programs focusing on Communication Patterns, Self-Regulation, Emotional Intelligence, Self-Compassion, Body Image and Healthy Relationships.

## Limited spaces are available for this course!

To register or for questions, please contact Faith Brandt at (970) 678-0723 or by email at [transcendandsoar@gmail.com](mailto:transcendandsoar@gmail.com)

Mindful Self Compassion was developed by Christopher Germer, a psychologist who specializes in mindfulness and compassion-based psychotherapy and the author of A Mindful Path to Self-Compassion ([www.MindfulSelfCompassion.org](http://www.MindfulSelfCompassion.org)) and Kristin Neff, a pioneering researcher and the author of Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind ([www.Self-Compassion.org](http://www.Self-Compassion.org))