



This is an invitation to embark on a Mindful 8-week plus retreat journey through a Mindful Self-Compassion (MSC) program provided through a convenient virtual format by the **Chrysalis Centre**.

Thurs. 6:30 - 9:00 pm, Jan 13- Mar 10/2022

MSC is a program that develops resilience and emotional well being. MSC is composed of self-kindness, a sense of common humanity, and balanced mindful awareness. **Join Us!**

Contact Dr. Karen Ghelani, Ph.D., C.Psych at drkaren.ghelani@gmail.com for more information

Mindful Self-Compassion (MSC) is an empirically-supported program designed to cultivate the skill of self-compassion. Based on the work of Kristin Neff, Ph.D., and Christopher Germer, Ph.D., C. Psych. (www.selfcompassion.org), MSC teaches core principles and practices that enable participants to better respond to difficult moments and events in their lives.

The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Self-compassion nurtures emotional strength and resilience which are fundamental qualities that mediate the impact of stress and enables an individual to enjoy enhanced well-being.

Rapidly expanding research demonstrates that self-compassion is strongly associated with less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and long-term health. MSC is beneficial as it promotes self-care as well as nurtures and cultivates caring for others and strengthens different types of relationships.

We will be offering an online MSC Group through the Chrysalis Centre for Psychological and Counselling Services on:

Thursdays, 6:30 - 9:00 pm, Jan 13 – March 10 /2022

All sessions will be held on Zoom format

In MSC You will Learn:

- how to develop resilience and to handle difficult emotions with greater ease
- how to motivate yourself with kindness rather than criticism
- how we can relate to others in a more compassionate way
- the theory and research behind mindful self-compassion

What to Expect:

MSC is primarily a compassion training program rather than mindfulness training, although mindfulness is the foundation of self-compassion.

Sessions include a variety of meditative practice and exercises. Sessions also include time for group discussion and inquiry. Participants will be provided with weekly take-home mindfulness and self-compassion practices that they can investigate further and implement into their everyday lives.

Prerequisites:

No previous experience with mindfulness or meditation is required to attend. Dr. Ghelani will personally call all potential participants prior to the program starting. This conversation allows time for her to answer any further questions people may have, and also ensures that people are fully aware of what the program involves.

*The following book is highly recommended as a companion to the MSC course and will be used and referred to for home practices:

- *The Mindful Self-Compassion Workbook* by Kristin Neff and Christopher Germer

Additional recommended books, before or during the course, are:

- *Self-Compassion: The Proven Power of Being Kind to Yourself*, by Kristin Neff
- *The Mindful Path to Self-Compassion*, by Christopher Germer

Fee: The MSC 8 session-plus evening retreat- is \$580 per person. The fee may be fully or partially covered under your extended health insurance. However, the participant should speak to their insurance company to confirm.

We are asking that if you are interested in participating in the MSC group that you agree to attend weekly for the sake of benefiting from the process and for the outcome of the group as a whole. Of course, this commitment is considerate of health and family emergencies. We simply ask that you do your best to be with us.

To register and set up a telephone interview prior to start of the first session, please contact Dr. Karen Ghelani at drkaren.ghelani@gmail.com. Group size is limited so register early. This group is appropriate for adults.

Co-Facilitators: Karen Ghelani and Amy Faba

Dr. Karen Ghelani, Ph.D., C.Psych. Dr. Ghelani is the Director of the Chrysalis Centre for Psychological and Counselling Services. She has beyond 25 years experience of working with individuals across the life span with a wide range of emotional and mental health concerns.

Dr. Ghelani has an interest in bringing Mindfulness-Informed approaches into everyday life. Through the SCS/U of T, she has completed the Foundations in Applied Mindfulness Meditation; the Applied Specialization in Mindfulness Meditation and the Certificate in Mindfulness Informed End of Life Care (MIEOL).

Dr. Ghelani is a Trained MSC Teacher from The Centre for Mindfulness Studies and Centre for Mindful Self-Compassion (UCSD). Dr. Ghelani has also trained in Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT) and Compassion Cultivation Training (CCT).

Dr. Ghelani is also an instructor at SCS in the Mindfulness Certificate Program.

Amy Faba B.Ed. is a Trained MSC Teacher and leads weekly self-compassion based meditations for With Heart Collective (www.heartcollective.ca). In her work as a school guidance counsellor, Amy incorporates her background in mindfulness with her training in social emotional learning to deliver programming to children, parents and teachers.