



# Mindfulness and Self-Compassion for Professionals

## Practical skills for lasting and effective professional and personal self-care.

A growing body of research suggests that health professionals benefit from Mindfulness Based Interventions and Loving-Kindness Meditations that increase their Self-Compassion, since these practices can strengthen their relationships with clients, reduce the chances of burnout and increase overall wellbeing (Bellinghasu, Jones & Hutton, 2014). Applying Mindfulness and Self-Compassion practices in personal life, has the capacity to enhance professional effectiveness and increase longevity.

Mindfulness and Self-Compassion interventions have been shown to strongly enhance personal relationships, self-care and wellbeing, as well as reduce levels of depression, anxiety and pain. Mindfulness is cultivating a moment to moment awareness of our thoughts, feelings, bodily sensations and surrounding environment, through a gentle, non-judgmental lens. Self-Compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering. It comprises of the conscious extension of kindness, care, warmth and understanding toward oneself when struggling in life, as opposed to beratement or self-criticism. Combined Mindfulness and Self-Compassion can create a powerful attitudinal shift to enhance our resilience and coping ability.

This one-day workshop draws on the work of Christopher Germer and Kirsten Neff, developers of the MSC program and leaders in this area of therapy and research, Prof Paul Gilbert (creator of Compassion Focused Therapy) and Linda Graham (author of

Bouncing Back: Rewiring your Brain for Maximum Resilience & Well-Being), and the global movement of Authentic Relating. Participants will have the opportunity of an experiential introduction to harnessing the power of the mind to deal gracefully with difficult emotions, care for others consistently and compassionately, move with ease between personal and professional endeavours, and relate more authenticity in personal and professional life.

Participants will be introduced practical strategies for increasing emotional resilience and emotional regulation, changing a self-critical mindset, calming irritation, frustration, impatience and shame, increasing acceptance and positive motivation and relating to others more authentically. Guidance through six powerful meditations that can be practiced in daily life and taught to clients will be facilitated during the day.

### Learning objectives of this training:

1. Practice mindfulness and self-compassion in daily life.
2. Navigate difficult emotions with greater ease, acceptance and calm.
3. Cultivate self-motivation with loving-kindness rather than criticism.
4. Experienced mindful communication to enhance authentic relating.
5. Recognise, understand and prevent empathy fatigue.
6. Access the resources to integrate mindfulness and self-compassion in client work.



**Kate Mutimer** is a psychologist with 20 years experience working with individuals and groups in community health and organisational settings. Kate is a meditation and compassion teacher and a trained Mindful Self-Compassion (MSC) teacher. She has specialist knowledge and extensive experience in practicing psychotherapy and facilitating change. Kate's clinical background includes clinical assessment and treatment of depression, anxiety and personality disorders, adolescent and family counseling, working with issues of sexuality, relationships and identity. Kate has also spent time lecturing at QUT and Griffith University in Change Management, group facilitation, applied counseling psychology and family studies. Currently, Kate Works in private practice and within workplace wellbeing initiatives, providing a broad range of mental health, stress management and other lifestyle solutions. Kate is registered as a generalist Psychologist with AHPRA. She is also a full member of the Australian Psychological Society.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**MELBOURNE: 20<sup>th</sup> March 2020**  
MANTRA ON RUSSELL

**SYDNEY: 29<sup>th</sup> October 2020**  
UTS SHORT COURSE ROOMS

**BRISBANE: 13<sup>th</sup> November 2020**  
PARK REGIS NORTH QUAY

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points for this event.*

A certificate of attendance for 7 hours of face-to-face training is issued in the week following attendance at this event.

### **Morning Session**

Includes a short morning tea break.

Setting the container and Circling Meditation.  
Self-Compassion: Definition & Practice.  
Mindfulness: Roots, Remedy and Resilience.  
Integrating Mindfulness in Daily Life.  
Resourcing yourself with Compassion.  
Mindful Authentic Relating Communication Exercise.

### **Afternoon Session**

Includes a short afternoon tea break.

Becoming your most Compassionate Self.  
Mindful Self-Compassion Break practice.  
Calming the Self-Critic with Compassion.  
Exiting Empathy Fatigue.  
Traditional Loving-Kindness Meditation.  
Circling Meditation.  
Evaluation and Closing.

***“With mindfulness, our natural compassion grows. We can see that we are all carrying our own burden of tears. You and everyone you meet are sharing in some measure of the pain present on the planet....It is by first practicing self-compassion that you find not only a way to hold your own struggles and sorrows in your heart—but through them you learn how to connect with the sufferings and sorrows of all those around.”***

(Jack Kornfield)

### **How will you benefit from attending this training?**

- Gain tools for lasting and effective professional and personal self-care.
- Learn foundational meditations and practices to live with more ease and authenticity.
- Experience Mindfulness and Self-compassion firsthand so as to most effectively bring this to client work.

### **Registration details:**

Registration fee: **\$298**

A current PDP ‘Student and New Graduate’ discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.  
Morning tea, lunch and afternoon tea included.

We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

**This practical has been developed for any clinician or health professional working in settings of direct patient management or intervention: psychologists, counsellors, school counsellors, social workers, mental health workers or nurses, GPs, GP registrars and other allied health professionals.**

### **Feedback from Kate’s recent presentations:**

*“Kate brings a warmth and wisdom to facilitation, expertly guiding participants, while providing a safe and supportive space in which to learn and grow in their own authentic ways.”*

*“Thank you Kate, this workshop has been transformational.”*

*“Kate’s subject matter knowledge and insight into process were outstanding and have inspired me to go further into this work.”*

*“Enjoyable and valuable time spent. Thank you!”*