

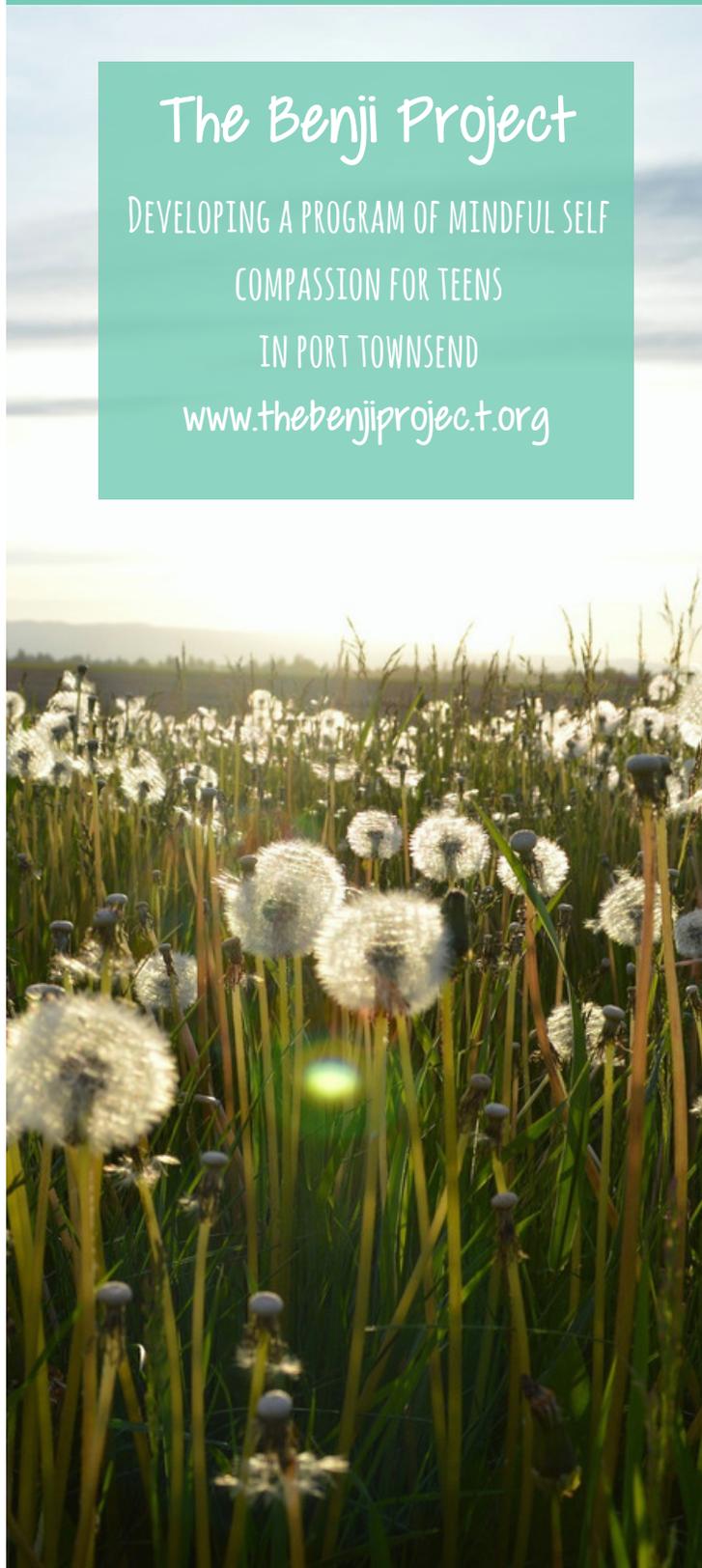
A two-day workshop in Port Townsend introducing mindful self-compassion: Moving towards greater wellness and self-kindness.

This program on mindful self-compassion is for adults -- individuals seeking personal benefit and those in helping professions such as therapists, counselors, teachers and healthcare providers, especially those who work with youth.

The Benji Project hopes this workshop will help identify individuals interested in pursuing further mindful self-compassion training and becoming certified to lead the teen program "Making Friends With Yourself" that we are working to establish in Port Townsend.

The Benji Project

DEVELOPING A PROGRAM OF MINDFUL SELF
COMPASSION FOR TEENS
IN PORT TOWNSEND
www.thebenjiproject.org



MINDFUL SELF COMPASSION

Weekend Core
Skills Workshop
March 18-19,
2017
Port Townsend



THE PROGRAM

A weekend introduction to mindful self-compassion (MSC), an empirically supported training program that combines the skills of mindfulness and self-compassion to enhance our capacity for emotional wellbeing. This experiential program includes reflective writing, short meditations, honest conversation, exercises, and inquiry into our emotional and cognitive patterns around self-care, self-esteem, and self-criticism. The result? More self-compassion.



WHY ATTEND

This research based program is an adventure in self-discovery and self-transformation. Learn to be kinder to yourself and discover ways to call on your inner resources to soothe yourself in times of stress. The mindfulness practices increase awareness of triggers, habitual patterns, and automatic reactions. Cultivate the ability to pause, observe present experience, and bring awareness to choices before us in each moment. In this highly participatory, practical course you will learn:

- How to stop being so hard on yourself
- How to handle difficult emotions with greater ease
- How to motivate yourself with encouragement, not criticism
- How to transform difficult relations, both old and new
- Practices for home and everyday life
- The theory and research behind mindful self-compassion
- How to become your own best teacher

DETAILS

- WHEN** March 18-19: -- Saturday and Sunday 9 am-5 pm
- WHERE** Scout Cabin, 3075 Discovery Rd. Port Townsend
- COST** \$350 with sliding scale option starting at \$200 for those in need. Further scholarships may be available
- REGISTER** Advance registration is required. Go to www.thebenjiproject.org to sign up.

Instructor: Lorraine Hobbs

Lorraine directs Youth and Family Programs at the UC San Diego Center for Mindfulness. She is co-creator of the "Making Friends with Yourself" teen program and strives to help youth and families achieve greater emotional health and connection with mindfulness-based interventions.



Instructor: Tim Burnett

Tim Burnett is Executive Director and Guiding Teacher at Mindfulness Northwest and Spiritual Director of Red Cedar Zen Community in Bellingham. Tim teaches mindfulness and compassion courses in a variety of settings in the Pacific Northwest.

