

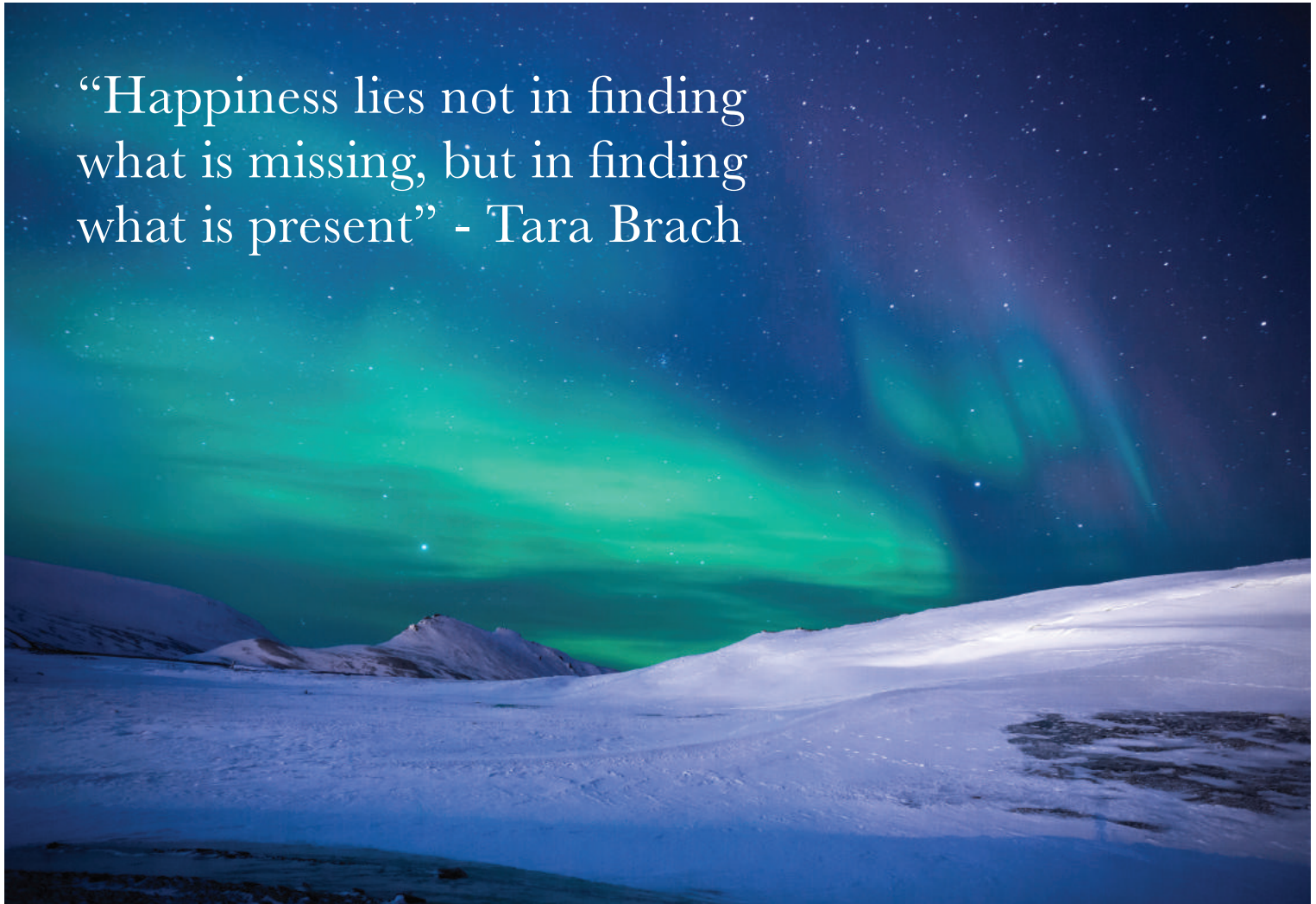


The Melbourne Clinic

# Mindfulness and Self Compassion Programs

Mindfulness-based treatment programs to nourish psychological well-being

“Happiness lies not in finding  
what is missing, but in finding  
what is present” - Tara Brach



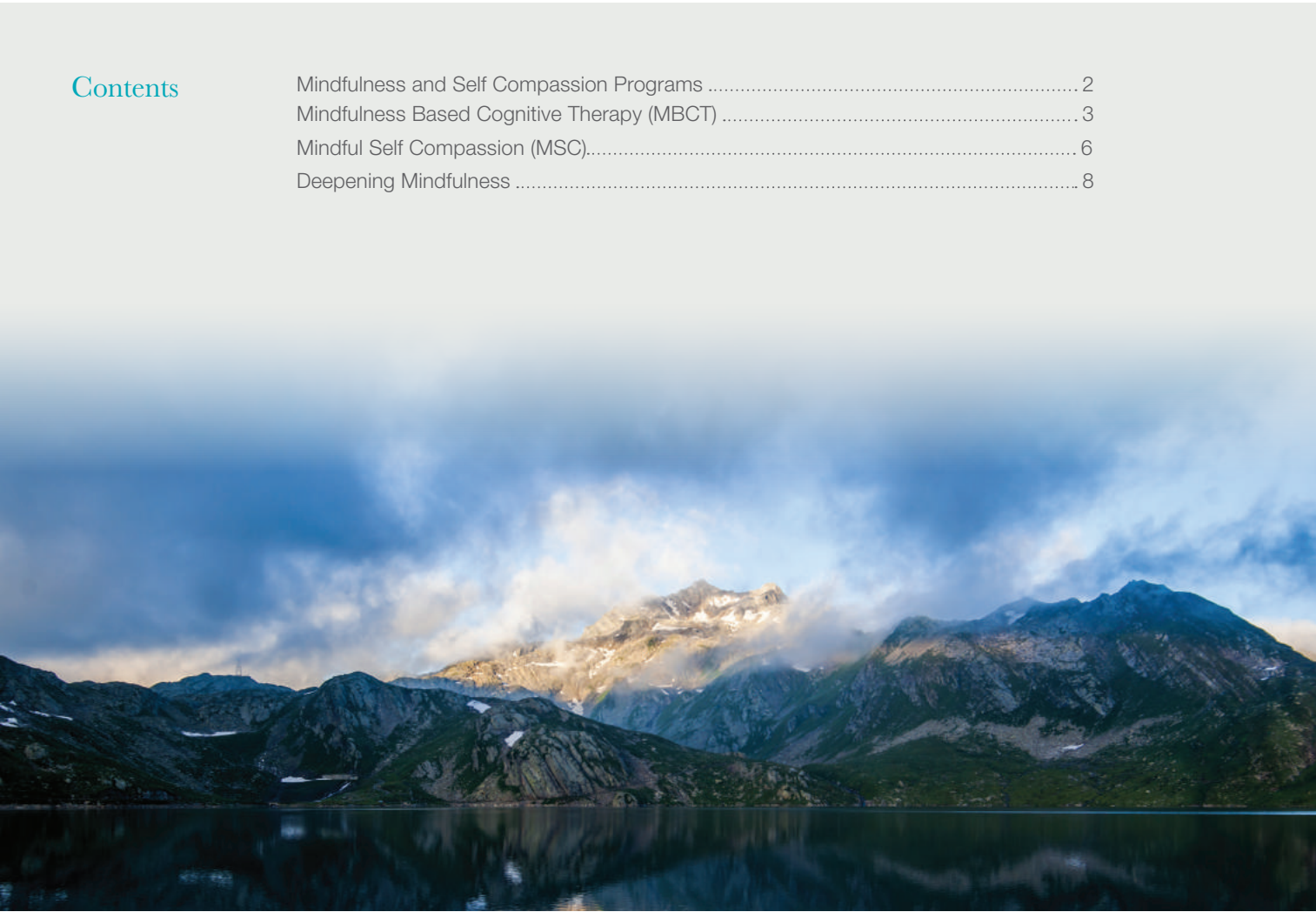
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## Mindfulness and Self Compassion Programs

Mindfulness is an intentional state of actively attending to the present. When being mindful we can step back from our thoughts and feelings without judging them as good or bad. This allows us space and choice to learn about and respond to our internal experiences in a way that is compassionate and effective for our life. Mindfulness gives us the opportunity to live in the moment and awaken to the richness of experience that is here before us.

Self-Compassion entails being warm towards oneself when encountering pain and personal shortcomings, rather than ignoring them or hurting oneself with self-criticism.

“Mindfulness allows us to watch our thoughts, see how one thought leads to the next, decide if we’re heading down an unhealthy path, and, if so, let go and change directions.”

- Sharon Salzberg

## Mindfulness Based Cognitive Therapy (MBCT)

### **Who**

#### **This program is designed for clients with:**

- A history of mood and/or anxiety disorders  
(not currently experiencing a depressive or manic episode)
- The ability to actively participate in a group setting.

### **Content**

MBCT offers participants a thorough grounding in the theory and practical application of mindfulness.

The program offers an experiential space that allows participants the opportunity to gain a better understanding of the nature of their mind and the world through awareness and insight meditation exercises.

#### **MBCT assists participants to:**

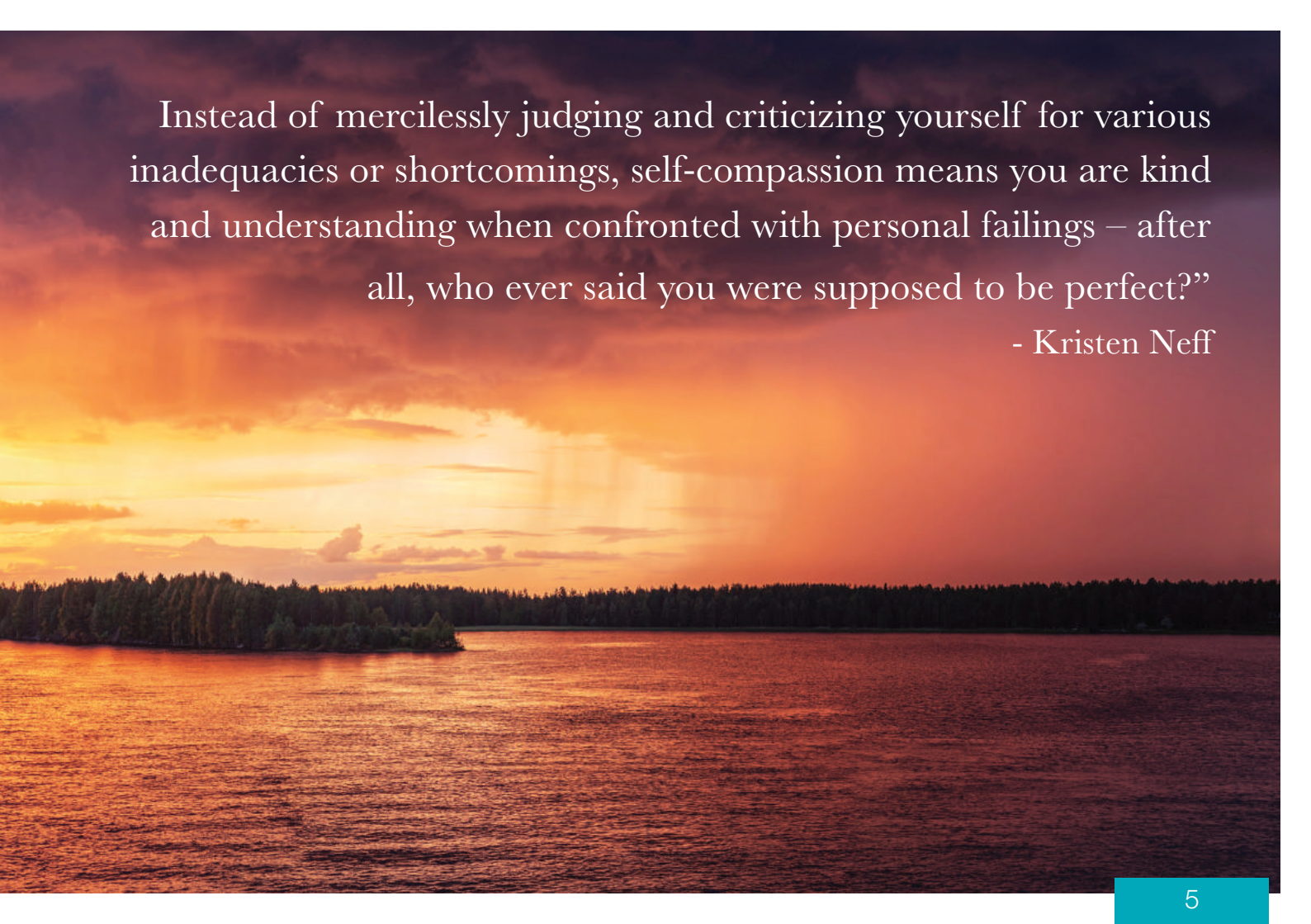
- Reduce rumination and avoidance of emotions and thoughts
- Develop a mindful acceptance of feelings, sensations and thoughts
- Choose skillful responses to unpleasant feelings, sensations and thoughts or situations
- Reduce the likelihood of relapse.

### **When**

This program is offered one day a week during business hours.





A serene sunset scene over a calm body of water. The sky is filled with vibrant orange and yellow hues, with soft clouds catching the low light. The sun is partially obscured by clouds, creating a gentle glow. The water reflects the warm colors of the sky. In the distance, a dark, silhouetted line of trees marks the horizon. A small, forested island or peninsula is visible on the left side of the frame.

Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with personal failings – after all, who ever said you were supposed to be perfect?”

- Kristen Neff

## Mindful Self Compassion (MSC)

### Who

#### **This program is designed for clients with:**

- A history of mood and/or anxiety disorders  
(not currently experiencing a depressive or manic episode)
- Difficulties stemming from low self-worth/self-critical thoughts
- The ability to actively participate in a group setting.

### Content

Increased self-compassion has been shown to be effective at reducing anxiety and depression (McBeth and Gumly 2012) and is associated with emotional intelligence, wisdom, life satisfaction, and feelings of social connectedness, all important elements of a meaningful life (Neff, 2003a; Neff, Pisitsungkagarn, & Hsieh, 2008).

This nine week program draws from both Mindful Self-Compassion (Neff and Germer) and Compassion-Focused therapy (Gilbert). Using mindfulness practices focused on the heart, participants are supported to nourish a kinder relationship with themselves, tame their inner critic and work with the powerful emotion of shame.



**Mindful Self Compassion (MSC) assists participants to:**

- Understand and cultivate self-compassion
- Practice mindfulness with a focus on emotions and the heart
- Meet difficult emotions (including shame) with a compassionate heart
- Connect with a compassionate rather than critical voice
- Connect with core values
- Explore connection, disconnection and compassion for others
- Cultivate gratitude and appreciation for the self.

**When**

This program is offered one day a week during business hours.



## Deepening Mindfulness

### **Who**

This program is open to individuals who have completed a day program where Mindfulness was a core component. Completion of other mindful-based therapies is a prerequisite.

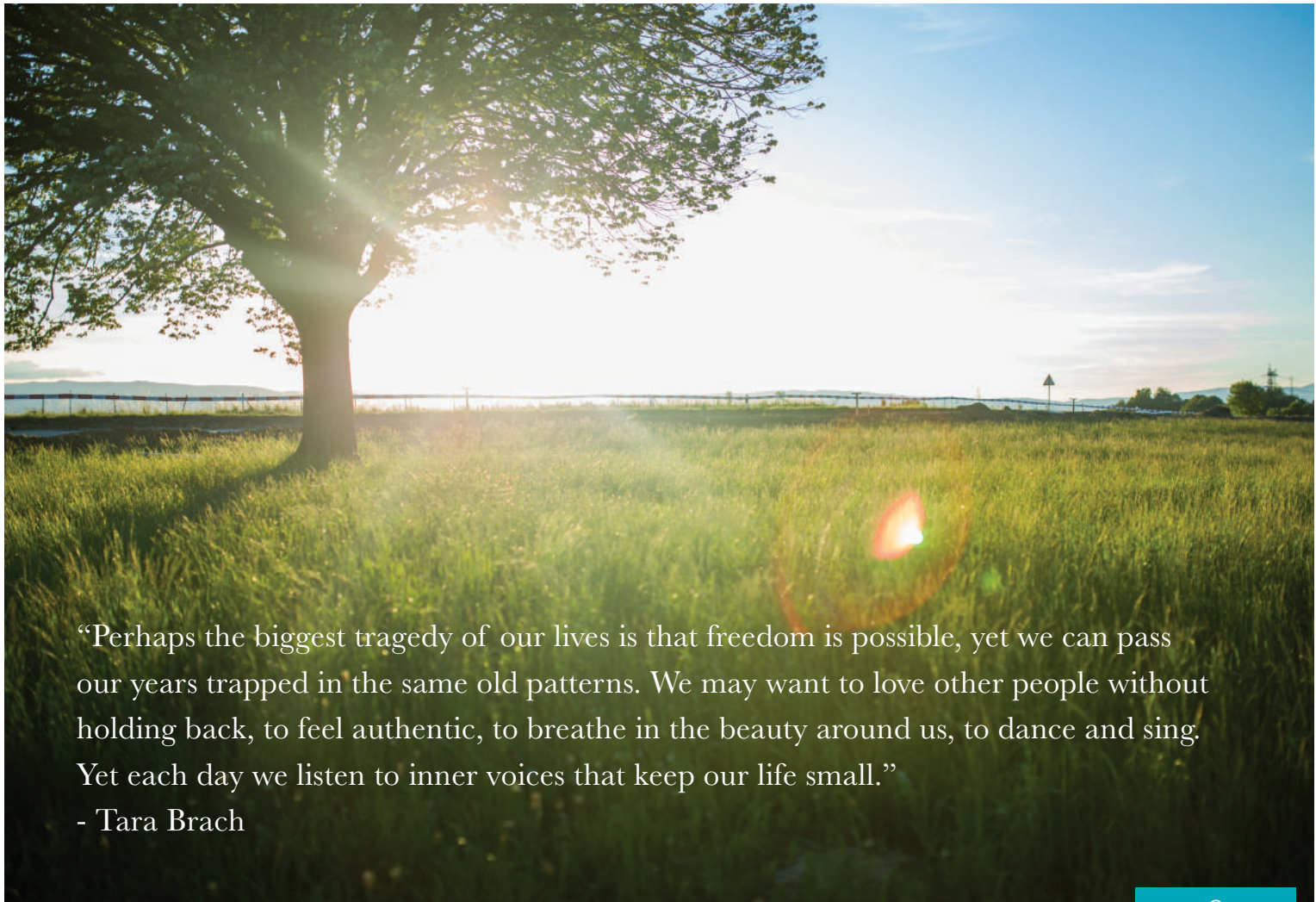
### **Content:**

Deepening Mindfulness is a monthly group offered by day programs to enable participants to extend and deepen their mindfulness practice. Drawing from the extensive evidence base for the effectiveness of mindfulness for a wide range of mental health problems, Deepening Mindfulness offers an opportunity to:

- Practice mindfulness regularly in a group setting
- Contribute to rich discussion regarding our connection with mindful ways of living
- Explore the cognitive, emotional and spiritual benefits of mindfulness
- Explore a specific topic related to mindfulness; topics taught in 2018 include: gratitude, self-compassion, mindfulness and the self, happiness, working with judgment and radical acceptance.

### **When**

This program runs one day a month in the evening.



“Perhaps the biggest tragedy of our lives is that freedom is possible, yet we can pass our years trapped in the same old patterns. We may want to love other people without holding back, to feel authentic, to breathe in the beauty around us, to dance and sing. Yet each day we listen to inner voices that keep our life small.”

- Tara Brach



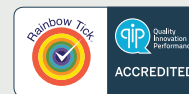
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