

**The New Zealand Psychological Society is proud to host:**

**Short lunchtime online training course in**  
**mindful self-compassion**  
**Weekly for six weeks online**

**presented by:**

**Dr Anna Friis**

**Every Tuesday from 6 October to 11 November, 1pm-2.15pm**

New Zealand  
Psychological Society  
*Rōpū Mātai Hinengaro o Aotearoa*



The NZ Psychological Society is delighted to offer a short online course in Mindful Self-Compassion (SC-MSC), to be taught by Dr Anna Friis. The SC-MSC is a 6-week adaptation of the empirically-supported 8-week Mindful Self-Compassion (MSC) program designed to begin the cultivation of the skills of self-compassion.

SC-MSC was developed by Kristin Neff, PhD, the pioneering researcher in the field of self-compassion and Christopher Germer, PhD, a leader in the integration of mindfulness, compassion and psychotherapy.

The SC-MSC 6-hour program was developed to allow participants to begin to learn a targeted set of MSC practices with less initial time commitment than the full 26-hour MSC program. Most of us feel compassion for our close friends when they are struggling. What would it be like to receive the same caring attention from yourself when you needed it most? All that's required is a shift in attention—recognizing that as a human being, you, too, are a worthy recipient of compassion. Self-compassion involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we suffer, fail, or feel inadequate. Self-compassion is learned in part by connecting with our innate compassion for others and including ourselves in that circle of compassion. The practice of self-compassion also helps to grow and sustain our compassion for others.

The SC-MSC program draws on the skills of mindfulness and focuses on developing the resource of self-compassion to enhance our capacity for emotional wellbeing. Burgeoning research shows that self-compassion is strongly associated with emotional wellbeing, coping with life challenges, lower levels of anxiety and depression, healthy habits such as diet and exercise, and more satisfying personal relationships. It is an inner strength that enables us to be more fully human—more fully ourselves, and is a skill that can be learned by anyone.

At the completion of this activity, participants should be able to:

- Articulate the basic theoretical underpinnings and research findings related to self-compassion
- Develop and apply self-compassion practices to motivate themselves with encouragement rather than self-criticism
- Develop the capacity to contend with challenges and difficulties through awareness of self-kindness, common humanity and mindfulness.
- Apply core self-compassion practices into daily life

Meditation experience is not necessary.



## Dr Anna Friis



Anna Friis, PhD, is a certified MSC Teacher and a psychologist in private practise in Auckland, New Zealand. She specialises in mindfulness and compassion-based therapy. She has had a life-long devotion to ashtanga yoga, a form of moving meditation which provided the foundation for her evolution as a practitioner and teacher of MSC. Anna previously had a substantial corporate career specialising in crisis management, a challenging environment in which the practise of equanimity proved essential to the health and wellbeing of both herself and her clients. Her corporate life provided the inspiration for a Master's degree investigating the effects of stress and meditation on the autonomic nervous system.

Her subsequent doctoral research demonstrated the psychological and physiological effects of self-compassion training, effectively reducing biological markers of stress. The results of these studies have been published as peer-reviewed journal articles, contributing to the scientific understanding of the mind-body effects of self-compassion and the MSC programme. Her current practise is "unbusyng" which she describes as an orientation towards a more spacious, present-focussed life and a daily opportunity to practise more yang self-compassion.

[www.annafriis.com](http://www.annafriis.com)

Online registration available here: <http://www.psychology.org.nz/pd-events/nzps-events/#cid=884&wid=301>

### REGISTRATION & TAX INVOICE

Name .....

City.....

E-Mail .....

Phone .....

Booking Conditions: Places confirmed only upon receipt of registration and full payment. If your employer is paying for your registration please ensure your payment is referenced with your surname.

Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified.

The NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

I accept the booking conditions

Signed .....

Date .....

Once payment for your registration has been processed you will receive a confirmation letter. If you do not receive a letter within two weeks of registering please contact the Professional Development

Coordinator:

[pd@psychology.org.nz](mailto:pd@psychology.org.nz)

register online (see link above) or scan and email completed form to: [pd@psychology.org.nz](mailto:pd@psychology.org.nz)

### PAYMENT

All prices are GST Inclusive - GST Number 42-486-864

NZPsS	\$290.00
Non Member	\$390.00
NZPsS Student	\$200.00

Cost (incl. GST) covers:

- workshop materials

Payment method: Please tick one box

Direct Credit Payment to: New Zealand Psychological Society BNZ, 02-0560-0262471-000

Payment reference .....

Credit Card Payments: MasterCard or Visa only.

Card Number:

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Cardholder Name .....

Expiry Date: ...../.....