

Kindness in Difficult Times

Short Course in Mindful Self-Compassion



Julie Madlin, MA, LMHC, SEP
Heather Thomas, MA, Certified Mindfulness Facilitator
Location: Online; ZOOM platform
Dates: July 15 – Aug 19, 2020; Wednesdays 7 - 8:15pm
Fee: \$180 with sliding scale option

All Proceeds will be donated to *BEAM*

Kindness in Difficult Times (The Short Course in Mindful Self-Compassion- SC-MSc) is a 6 week offering to develop ways to be with yourself with kindness and care when you need it most-when life stirs up those familiar feelings of inadequacy and suffering. In this shortened version of the full 8-week class (that has been offered globally since 2010), learn MSC's key practices while connecting with others during this heightened time of uncertainty.

After participating in this workshop, you'll be able to:

- ~ Offer compassion to oneself and others
- ~ Handle overwhelming emotions with greater ease
- ~ Approach difficult situations with more calm and clarity
- ~ Reconnect with values that help in finding purpose

What To Expect

Informal practices, meditations, short talks, experiential exercises & group discussion.

Fee:

Sustaining Rate: \$125

Benefactor Rate: Anything from \$125 up to \$180.

Those in need: \$75

*It is our hope to make this MSC course available to all those who are interested.

The Benefactor rate helps to support scholarships for students, veterans, people of color, and others in need.

In this important time of fighting for social justice, and the associated impacts of the trauma Black individuals have endured and continue to endure, [all proceeds from this course will be donated to BEAM](#); a Collective committed to the emotional/ mental health and healing of Black communities.

For more information visit: <http://www.beam.community>

Instructors

Julie is a somatic based psychotherapist in private practice in Brooklyn, NY. She completed her teacher training for MSC through the UCSD Center for Mindfulness. Julie has completed the Mindfulness Meditation Training through the Interdependence Project in NYC, as well as completing the Institute for Mindfulness & Psychotherapy certificate program. She has also studied with the Nalanda Institute Contemplative Psychotherapy Program; integrating Mindfulness & Compassion through a Buddhist lens. She is currently (2019-2020) training in Devon, UK with the <http://www.mindfulnessstraininginstitute.com> to become an Internationally Certified Meditation Teacher, under the auspices of Mark Coleman & Martin Aylward.

See <http://www.juliehopemadlin.com> for more information about Julie and her work as a Psychotherapist & Meditation Teacher.

Heather is a Certified Mindfulness Facilitator accredited by Mindful Leader. She completed her teacher training for MSC through the UCSD Center for Mindfulness. Coming from a corporate background managing digital payment solutions, she seeks to bring mindfulness into business environments by helping organizations establish workplace-friendly mindfulness programs. She taught the 8-week MSC course in Nairobi, Kenya in 2019 and continues to lead online self-compassion meditation groups for participants in Kenya. She currently volunteers with Mindful Leader's 'Meditate Together' daily online meditation program, and she is pursuing a Master of Arts in Mental Health Counseling and Wellness at NYU (graduation Spring 2022).

To Register

For more information and/or to register please contact Julie at juliehope.madlin@gmail.com or Heather at hlthomas83@gmail.com.