

Wellspring

centre for psychotherapy and counselling

The Practice of Self-Compassion

~ a psycho-spiritual perspective ~

with Mike Wilson

*The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,*

~ Derek Walcott

For centuries the wisdom traditions both East and West have emphasised the importance of self-compassion as the other side of, the more familiar, compassion toward other. Western psychology is increasingly turning its attention to the benefits of self-compassion as a continuation of mindfulness practice, but also as a practice in its own right. This exciting development in psychology and therapy opens pathways for healing the mind, and enables you to face many of life's challenges with greater ease.

Through a series of exercises and explorations, balanced with appropriate theory, this day is an opportunity to explore what it means to be compassionate towards self. We will also consider obstacles to self-compassion, methods of over-coming these, as well as practical ways of carrying this forward into your own lives. There will also be an opportunity to consider the spiritual implications which self-compassion raises.

Facilitator

Mike Wilson is an experienced psychotherapist, psychotherapeutic counsellor (UKAHPP Acc. UKCP Reg), and transpersonal psychology practitioner, with extensive experience in teaching and facilitating groups. He practises in Edinburgh and from his home in the Scottish Borders, and offers workshops in the field of transpersonal psychology and related areas in the UK, and sometimes farther afield. He has a longstanding interest in the evolution and practical application of transpersonal psychologies, which his workshops give testimony to. He is also the founder of Psychospiritual Scotland.

Date: Saturday 6th November 2010

Time: 10am to 4.00pm

Fee: £55 (non-returnable) Cheques payable to **Wellspring Scotland Ltd.**

Venue: Wellspring, 13 Smith's Place, Edinburgh, EH6 8NT.

Maximum places: 12