



Are you active in...
parents education?
parents coaching or counseling?
parents therapeutic support?
family support?
mindfulness based programs?


Become a qualified
Mindful
Compassionate
Parenting Teacher

A NEW opportunity to widen your professional offer and expand your expertise when working with parents.

www.mindfulcompassionateparenting.org - Register [here!](#)



MINDFUL
compassionate
PARENTING



The programme has been designed by the **German child and adolescent psychiatrist and mindfulness expert Jörg Mangold**; author of the book underlying the program “Wir Eltern sind auch nur Menschen” (We parents are also only humans).

Since 2017 **the Mindful Compassionate Parenting programme (MCP) has been delivered to hundreds of parents.** More than 100 teachers in three countries have been trained so far to deliver this programme.

The current phase of development of the MCP programme is focussed on the expansion of opportunities, including training, for more **professionals across Europe to become teachers of the programme and to deliver it directly with parents.**

How can I become a MCP qualified teacher?

STEP 1

Orientation Seminars

18 hours/3 days

An introduction with facilitation to the **MCP curriculum**, including an opportunity to reflect on it from a parents and a teachers perspective.

You can choose to attend only the Orientation Seminar to understand the concept of Mindful Compassionate Parenting.

PLEASE NOTE: **If you want to become an MCP qualified teacher** to teach the programme with a group of parents and receive the full teachers guide **you need to go through Steps 1 and 2.**

Register to an orientation seminar [here](#).

STEP 2

MCP Teacher Training

32 hours/6 days

To explore the full curriculum and **practice facilitating parts of it** with the objective of becoming qualified to deliver the MCP programme in full directly with parents.

Orientation Seminars - dates

English / online

May 31st to June 2nd 2022

September 9th to 11th 2022

Italian / online

September 30th to October 2nd 2022

MCP Teacher Training - date

English / online

November 3rd to 9th 2022

Costs

Great opportunity in 2022!

Because of the support through grant aid from the EU in 2022 **we can offer reduced costs to participants.**

Orientation seminar: **€140**

Teacher Training: **€600**

Orientation Seminar +

Teacher Training: **€600**

Informations

www.mindfulcompassionateparenting.org

Register to an orientation seminar [here](#).

Please contact us for more information:

English seminars: contact@mindfulcompassionateparenting.org

Italian seminar: italia@mindfulcompassionateparenting.org




What is the Mindful Compassionate Parenting programme about?

The MCP programme aims to support parents to **relax and to reflect in a positive way with their parenting**. Pressured by high expectations, packed days and a genuine “wishing to do one's best” often patterns of stress and exhaustion enter family life through the back door.

MCP places an emphasis on self-care, stress management and self-regulation as well as becoming aware rather than on 'how to do-it-right'.

Most parents having taken part in the MCP programme have expressed that **they are more attentive to what is nourishing rather than what is necessary** - for themselves as well as for the relationship with their children.



The programme has a **scientific base in mindfulness** (Following the MBSR approach of Jon Kabat-Zinn), **Mindful self-compassion** (Approach of Chris Germer and Kristin Neff), **Positive neuroplasticity** (Rick Hanson) and the **biological systems of regulation of motivation and emotions** (CFT - Paul Gilbert).

The MCP programme is currently undergoing research with the German universities of Heidelberg and Kassel that is aimed at measuring the **impact of the programme**, specifically its focus on Compassion.

How is the MCP programme structured for parents?

The Mindful Compassionate Parenting programme runs along **10 modules in 10 weekly gatherings of 90 minutes each**. The group of parents participating remains the same over the 10 weeks. It can be implemented online or as in-person meetings.



MINDFUL *compassionate* PARENTING



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**Co-funded by
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