

## MSC EUROPE - UK

**Site:** <https://mindfulselfcompassionuk.com/>

This UK website offers a Teacher Directory for English-speaking MSC teachers based in the UK as well as information on Teacher Training and regular practice opportunities for the general public.

Mindful Self-Compassion UK is a member of MSC-Europe and is an authorised entity by the Center for MSC.

Contact: [hello@mindfulselfcompassionuk.com](mailto:hello@mindfulselfcompassionuk.com)

## MSC EUROPE - UK

**Site:** <https://sussexmindfulnesscentre.nhs.uk/>

Sussex Mindfulness Centre hosts a team of mindfulness and compassion-based researchers, teachers and teacher trainers working within the UK's National Health Service (NHS) and local universities. It has been offering various mindfulness and compassion-based programmes for well over a decade for NHS patients and staff, as well as for other, mainly public sector, organisations. It runs several different programmes to teach people to deliver mindfulness and compassion-based interventions. It has produced over 60 peer reviewed papers or book chapters on mindfulness and contributed to various areas of mindfulness policy and national leadership.

Contact [smc@spft.nhs.uk](mailto:smc@spft.nhs.uk)

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## MSC EUROPE-SPANISH speaking

**Site:** [www.msc-spanish.com](http://www.msc-spanish.com)

Descripción: Página de la Comunidad de profesores de Auto-compasión en el mundo de habla hispana y portuguesa, con el Directorio de profesores de MSC en español/portugués, área privada para recursos para profesores de MSC, investigación y actividades comunitarias.

Description: Self Compassion in the Spanish and Portuguese speaking world, with Spanish/Portuguese MSC Teacher Directory and private area for MSC teachers' resources, research and community activities.

**Site:** [www.globalc.es](http://www.globalc.es)

Global-C pertenece a MSC-Europa y es una entidad autorizada por el Center for MSC como Socio Internacional que se dedica desde 2016 a formar oficialmente profesores de MSC en español y portugués en Europa y América Latina y ofrece una variedad de

Programas basadas en la Autocompasión. Fue fundada en 1998 como una organización de profesionales especializados en tratamientos y programas basados en mindfulness y compasión. Pertenece a la Red Española de Programas Estandarizados de Mindfulness y Compasión y a través de la Red a EAMBA.

Global-C belongs to MSC-Europe and it is an authorized entity by the Center for MSC as International Partner and it is devoted since 2016 to train officially MSC teachers in Spanish and Portuguese in Europe and Latin America and offering a variety of Self Compassion Programs. It was founded in 1998 as an organization of professionals specialized in mindfulness and compassion-based treatments and programs. It belongs to the Red Española de Programas Estandarizados de Mindfulness y Compasión and through the Red to EAMBA.

Contact: [info@globalc.es](mailto:info@globalc.es)

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MSC EUROPE – German-speaking

[www.msc-selbstmitgefuehl.org](http://www.msc-selbstmitgefuehl.org)

This German-language MSC website offers a Teacher Directory for German-speaking MSC teachers as well as information and German-language materials for MSC teachers in the internal area of the website.

*Der Verein zur Kultivierung von MSC Achtsames Selbstmitgefühl* ist Basis des Netzwerks der deutschsprachigen MSC-Lehrenden in Deutschland, Österreich und der Schweiz. Um MSC besser im deutschsprachigen Raum bekannt zu machen und die Lehrenden in dieser Region zu unterstützen, entwickelten wir 2018 die Webseite, auf der die deutschsprachigen Lehrenden und ihre Kurse zu finden sind.

Im internen Bereich stellen wir den MSC-Lehrenden alle Informationen und Materialien rund um MSC im deutschsprachigen Bereich zur Verfügung.

Wir sind vom Center for MSC als International Partner autorisiert und arbeiten eng zusammen mit Arbor-Seminare.

E-mail: [kontakt@msc-selbstmitgefuehl.org](mailto:kontakt@msc-selbstmitgefuehl.org)

[www.arbor-seminare.de](http://www.arbor-seminare.de)

The non-profit organisation Arbor-Seminare gGmbH, based in Freiburg, Germany, is the authorized international partner of the Center for MSC (CMSC) for the MSC teacher training pathway in the German speaking countries. Arbor-Seminare has been the official Host for the MSC teacher training since 2014.

Arbor-Seminare organizes events as well as training and further education in the areas of Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC) and other mindfulness-based methods. We provide information on current developments in this area and aim to make mindfulness even more sustainable in society.

We work closely together with the “Verein zur Kultivierung von MSC”.

Contact: [info@arbor-seminare.de](mailto:info@arbor-seminare.de)

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## MSC EUROPE-ITALY

**Site:** <https://www.mindfulnesscompassion.it/>

This Italian website offers a Teacher Directory for Italian-speaking MSC teachers, all the MSC courses and related events, the monthly meditation calendar, as well as information and Italian-language materials for the general public and for MSC teachers in the private area of the website.

Mindfulnesscompassion.it is a member of MSC-Europe and it is an authorized entity by the Center for MSC as International Partner and it is devoted since 2020 to train officially MSC teachers in Italy and offering a variety of Self Compassion Programs.

**Contact:** [mindfulnesscompassionitalia@gmail.com](mailto:mindfulnesscompassionitalia@gmail.com)

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## MSC EUROPA-ITALIA

**Sito:** <https://www.mindfulnesscompassion.it/>

Questo sito italiano offre l'elenco degli insegnanti MSC di lingua italiana, tutti i corsi MSC e gli eventi correlati, il calendario delle meditazioni mensili, nonché informazioni e materiali in lingua italiana per il pubblico in generale e per gli insegnanti MSC nell'area privata del sito.

Mindfulnesscompassion.it è membro di MSC-Europe ed è un'entità autorizzata dal Centro per MSC come Partner Internazionale, si dedica dal 2020 alla formazione ufficiale di insegnanti MSC in Italia e offre una varietà di programmi e workshop di Self-Compassion.

**Contatto:** [mindfulnesscompassionitalia@gmail.com](mailto:mindfulnesscompassionitalia@gmail.com)

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## MSC EUROPE - IL

**Site:** <https://www.msc-israel.co.il/>

This IL website offers a Teacher Directory for Hebrew-speaking MSC teachers based in Israel.

Mindful Self-Compassion IL is a member of MSC-Europe and is an authorized entity by the Center for MSC.

Contact: [Info@msc-israel.co.il](mailto:Info@msc-israel.co.il)

חמלה עצמית מודעת - ישראל  
אתר: <https://www.msc-israel.co.il/>  
אתר חשראלי זה מציע מדריך למורים לחמלה עצמית מודעת דוברי עברית החיים בישראל.  
ארגון המורים לחמלה עצמית מודעת חבר בארגון האירופי לחמלה עצמית מודעת המאושר על יד המרכז  
(MSC) לחלה עצמית מודעת העולמי  
לפרטים : [galia.gty@gmail.com](mailto:galia.gty@gmail.com)  
<https://www.msc-israel.co.il/>

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MSC EUROPE - French-speaking

**Site:** <https://www.msc-formation.com/>

**MSC Formation**, affiliated to the French training organization LBCM - *Le Bonheur C'est Maintenant* and based in Paris, is the official International Partner of the Center for MSC (CMSC) offering the MSC teacher training pathway in French speaking countries.

MSC Formation, affilié à l'organisme de formation LBCM - *Le Bonheur C'est Maintenant* et basé à Paris, est le partenaire international officiel du Center for MSC proposant le parcours de formation d'enseignement MSC dans les pays francophones. MSC formation héberge un annuaire des enseignantes et enseignants MSC francophones basés en France, en Belgique et en Suisse, en partenariat également avec le Québec, et organise des événements ainsi que des formations et des perfectionnements dans le domaine de l'Autocompassion en Pleine Conscience. Son credo : contribuer à cultiver les ressources de la compassion tendre et féroce pour un monde plus juste et plus durable.

Traduit avec DeepL.com (version gratuite)

Contact: [contact@msc-formation.com](mailto:contact@msc-formation.com)

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MSC EUROPE - The Netherlands - English speaking courses and teacher training

Site: <https://selfcompassionacademy.com/>

The international non-profit organization Self-Compassion Academy is based in The Netherlands and is the authorized international partner of the Center for MSC (CMSC) for the MSC teacher training pathway in Europe. Self-Compassion Academy has been the official Host for the MSC teacher training since 2014 and the 8 week MSC courses, MSC intensives, MSC Core Skills Workshops, Fierce Self-Compassion and Self-Compassion for shame courses.

At the Self-Compassion Academy we teach in English to our international community. We are committed to creating a supportive and inclusive community where individuals from all countries and walks of life can embark on their self-compassion journey. Our approach is rooted in the three important principles of mindful self-compassion: mindfulness, self-kindness, and common humanity. At The Self-Compassion Academy, we value the diverse and extensive experience of our teachers, who bring a wealth of knowledge and expertise to the classroom.