

# **Cultivating Compassion: From the Buddha to Modern Psychotherapy**

*Friday, October 30 – Sunday, November 1, 2015*

The Institute for Meditation and Psychotherapy

[www.meditationandpsychotherapy.org](http://www.meditationandpsychotherapy.org)

and

Barre Center for Buddhist Studies

149 Lockwood Rd.

Barre, MA 01005

ph. 978-355-2347 ext. 10

[www.bcbsdharma.org](http://www.bcbsdharma.org)

## Program description

As Buddhist teachings and modern psychotherapy converge at an unprecedented rate, cultivation of compassion is revolutionizing our understanding of the path to emotional freedom. Compassion is a quantifiable skill that enables us to hold seemingly unbearable suffering. How was compassion articulated and embodied in early Buddhism and in later Mahāyāna perspectives? How do these interpretations play out in the practice of psychotherapy? And what are we learning about compassion from modern science, especially brain imaging and clinical research? Participants will also learn practical tools for cultivating the skill of compassion toward oneself and others. Preliminary schedule (subject to change)

- Friday
  - o 4:00 Registration
  - o 6:00 Dinner
  - o 7:30 – 9:00 Opening Session
- Saturday
  - o 6:30 Wake-up Bell
  - o 7:00 - 7:30 Group Sitting Practice
  - o 7:30 - 8:00 Breakfast
  - o 9:00 – Noon Morning Session
  - o Noon - 12:30 Lunch
  - o 2:00 - 5:00 Afternoon Session
  - o 5:00 - 5:30 Dinner
  - o 7:00 – 9:00 Evening Session – Compassion in Therapy
- Sunday
  - o 6:30 Wake-up Bell
  - o 7:00 - 7:30 Group Sitting Practice
  - o 7:30 - 8:00 Breakfast
  - o 9:00 – Noon Closing Talk/Morning Session
  - o Noon Lunch

## Goals and Learning Objectives

1. Participants will be able to describe the role of compassion in mindfulness and acceptance-based psychotherapy.
  2. Participants will be able to distinguish how different Buddhist traditions understand compassion.
  3. Participants will be able to practice simple techniques for cultivating compassion in themselves
  4. Participants will be able to practice techniques for alleviating compassion fatigue
  5. Participants will be able to describe the unique features of compassion-based psychotherapy
  6. Participants will be able to teach clients compassion-based skills for managing difficult emotions
- This course is suitable for beginner, intermediate and experienced meditators/practitioners.
  - The target audience for this course: Licensed mental health clinicians who wish to expand their understanding and practice of mindfulness-based psychotherapy.

## Faculty

**Christopher K. Germer, PhD, Psychology**, is a clinical psychologist in private practice, specializing in mindfulness- and acceptance-based treatment. He has been integrating the principles and practices of meditation into psychotherapy since 1978 and has taken numerous journeys to India to explore the varieties of meditation. He is a Clinical Instructor in Psychology at Harvard Medical School and a founding member of the Institute for Meditation and Psychotherapy. He lectures internationally on mindfulness and self-compassion, is a co-editor of *Mindfulness and Psychotherapy*, and *Compassion and Wisdom in Psychotherapy*, and author of *The Mindful Path to Self-Compassion*.

**Christopher Ives, B.A. Psychology, Ph.D. Religion** is a professor of Religious Studies at Stonehill College. In his teaching and writing he focuses on modern Zen ethics, and currently he is working on Buddhist approaches to nature and environmental issues. He is the author of *Zen Awakening and Society* and *Imperial-Way Zen: Ichikawa Hakugen's Critique and Lingering Questions for Buddhist Ethics*.

## Continuing Education

**Psychologists:** This program is co-sponsored by the Barre Center for Buddhist Studies and the Institute for Meditation and Psychotherapy. The Institute for Meditation and Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers **10** hours of credit.

**Social Workers:** *“This program has been approved for 10 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number D 70635.”*

**Register** at [www.bcbsdharma.org](http://www.bcbsdharma.org) or by calling 978-355-2347 ext. 10.

**Fee:** \$198/\$250/\$300 (entire program, including accommodations and meals; donation to teacher customary but not required, plus \$25 processing fee for CEUs.)

**Location:** Barre Center for Buddhist Studies (directions at [www.bcbsdharma.org](http://www.bcbsdharma.org))