

## **Solitary But Not Lonely:**

### **Empowering Going Within in an Extroverted Culture**

*Friday, February 26 – Sunday, February 28, 2016*

The Institute for Meditation and Psychotherapy (IMP)  
www.meditationandpsychotherapy.org &  
The Barre Center for Buddhist Studies

149 Lockwood Rd.

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

#### Program description

The Buddha, like many great mystics, was a solitary, probably an introvert. He appreciated the value of solitude but he was not a loner. He advocated a path where people would practice alone and together. He discouraged idle chitchat. He preferred a quiet, contemplative exploration of the interior to the gregarious, extroverted promotion of self that is so evident in today's high pressure, social media connected culture. People today are drawn to the interior practices of mindfulness, largely because they find themselves vulnerable to overstimulation, exhaustion, and a sense of being overwhelmed when forced to navigate the demands of an extroverted culture. An understanding of the Buddha's psychology and dharma practice can help introverts to empower themselves by making their interiority more robust, accessible, and durable while mitigating the tendency to ruminate, obsess, and worry. It can also help them to modulate their energy to protect against fatigue, overextension, and burnout. Grounding in the Buddha's teachings can help introverts to make their sensitivities into strengths. Participants will explore their introversion, practice mindfulness, and engage in a meditative journaling process. The source text for the program will be Arnie Kozak's book, *The Awakened Introvert*.

#### Preliminary schedule (subject to change)

- Friday
  - 4:00 Registration
  - 6:00 Dinner
  - 7:30 – 9:00 Course Opening/Evening Session
- Saturday
  - 6:30 Wake-up Bell
  - 7:00 - 7:30 Group Sitting Practice
  - 7:30 - 8:00 Breakfast
  - 9:00 – Noon Morning Session
  - Noon - 12:30 Lunch

- 2:00 - 5:00                      Afternoon Session
- 5:00 - 5:30                      Dinner
- 7:00 - 9:00                      Evening Session
- Sunday
  - 6:30                                Wake-up Bell
  - 7:00 - 7:30                      Group Sitting Practice
  - 7:30 - 8:00                      Breakfast
  - 9:00 - Noon                      Closing Talk/Morning Session
  - Noon                                Lunch

### Goals and Learning Objectives

1. Develop a working understanding of practical mindfulness meditation practices
  2. Participants will gain a technical, clinical, and experiential understanding of the difference between default mode network activity of the brain and experiential mindfulness
  3. Learn the Story Art Method for getting unstuck from perfectionism, procrastination, and obsessive interiority
  4. Identify, nurture, and deepen introvert qualities such as introspection, solitude, and concentration
  5. Promote strategies for introvert self-regulation, diminish ruminative tendencies
  6. Acquire more robust introvert coping skills by increasing capacities for tolerating chaos, noise, interruptions, and forced sociability.
- This course is suitable for beginner and intermediate meditators and practitioners.

### Faculty

**Arnie Kozak, PhD**, is a licensed psychologist and founder of Exquisite Mind in Burlington, Vermont, where he practices mindfulness-based psychotherapy and teaches meditation. He is the author of *Wild Chickens and Petty Tyrants: 108 Metaphors for Mindfulness* (Wisdom Publications). Since 1985 when he took the Bodhisattva vows from His Holiness the Dalai Lama in Bodhgaya, India, he has practiced meditation, yoga, and psychology. He has recently lectured in psychology for the University of Vermont and is a Clinical Instructor in the Departments of Psychiatry and Medicine at the University of Vermont College of Medicine.

### 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 12 hours of credit.

***Social Workers:*** *This course has been approved for 12 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 70349-1**.*

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

**Fee:** \$198-\$300 sliding scale plus donation to the teacher is customary but not mandatory (entire program, including accommodations and meals) plus \$25 processing fee for CEUs.

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