

# **Awake at the Bedside: Cultivating Intimacy and Care**

*Thursday, January 26 - Sunday, January 29, 2017*

Institute for Meditation and Psychotherapy

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

and

Barre Center for Buddhist Studies

149 Lockwood Rd.

Barre, MA 01005

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

## Program description

In this workshop, we will use the ten perfections (paramitas) of the bodhisattva model—generosity, ethics, renunciation, wisdom, vigor, patience, honesty, determination, love, and equanimity—to look closely at how we move towards and away from caring for people and the world. Through meditation, experiential learning, case studies, and Dharma Talks we will dive in together for a weekend of joyful learning. In this way we will walk the path of awakening beings; healing ourselves and the world. This retreat is open to anyone who cares for people in their lives: partners, children, neighbors, and clinicians.

## Preliminary schedule (subject to change)

- Thursday
  - 4:00 – 6:00pm      Check-in
  - 6:00 pm              Dinner
  - 7:30 pm              Course Opening in Meditation Hall
- Friday and Saturday
  - 6:30 am              Wake-up Bell
  - 7:00 am              Meditation
  - 7:30 - 9:00 am      Breakfast/Free Period
  - 9:00 – 12 noon      Morning Classroom Session
  - 12:00 - 2:00 pm      Lunch/Free Period
  - 2:00 – 5:00pm      Afternoon Session
  - 5:00 - 6:30 pm      Dinner/Free Period
  - 7:00 - 8:30 pm      Evening Session
- Sunday
  - 6:30 am              Wake-up Bell
  - 7:00 am              Mindfulness Meditation
  - 7:30 – 9:00 am      Breakfast/Free Period
  - 9:00 – 12:00 am      Morning Session
  - 12:00 noon            Lunch

## Goals and Learning Objectives

- 1. Participants will learn a range of instructions for mindfulness meditation to enhance therapeutic presence.
- 2. Participants will learn compassion practices for enhancing empathetic attunement.
- 3. Participants will learn how to identify and affectively manage the experience of mental suffering.
- 4. Participants will learn how to identify and affectively manage the experience of impermanence.
- 5. Participants will learn how the view of intimacy supports ease of well being.
- 6. Participants will learn application of mindfulness interventions including clinical use & limitations.
  
- This course is suitable all levels of practitioners.
  
- The target audience: anyone who cares for people in their lives: partners, children, neighbors, and clinicians.

## Faculty

**Sensei Koshin Paley Ellison, MFA, LMSW, DMin**, co-founded the New York Zen Center for Contemplative Care, the first Buddhist organization to offer fully accredited clinical chaplaincy training in America. Koshin leads the Buddhist Track in the Master in Pastoral Care and Counseling with NYZCCC's education partner, New York Theological Seminary. He is co-editor of *Awake at the Bedside: Contemplative Teachings on Palliative and End of Life Care*. He is a Senior Soto Zen Buddhist Monk, Soto Zen Teacher, poet, ACPE chaplaincy supervisor, and Jungian psychotherapist.

**Sensei Robert Chodo Campbell, HCC**, co-founded the New York Zen Center for Contemplative Care, the first Buddhist organization to offer fully accredited clinical chaplaincy training in America. Chodo is part of the core faculty for the Buddhist Track in the Master in Pastoral Care and Counseling with NYZCCC's education partner, New York Theological Seminary. He is on faculty at University of Arizona Medical School's Integrative Medicine Fellowship. He is a Senior Zen Buddhist monk, Soto Zen Teacher, and senior chaplain.

## 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:** *“Application for 12 social work continuing education credits has been submitted. Please contact us at [bcbs@dharma.org](mailto:bcbs@dharma.org) for the status of social work CE accreditation.”*

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

**Fee:** \$297/\$375/\$450 (entire program, including accommodations and meals), donation to teacher is customary but not mandatory, plus \$25 processing fee for CEUs.

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