

The Personal is Professional: Buddhist Ethics for Psychotherapy Practice

Thursday, April 27, 2017

Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Barre Center for Buddhist Studies

149 Lockwood Rd.

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Program description

In this seminar we will investigate Buddhist ethics (*sila* in Pali) within the context of modern Western psychotherapy. Buddhist ethics are not simply a list of “do’s and don’t’s” typical of the prescriptive ethics of our various professional organizations. They are treated as a process and a practice. In fact, the cultivation of our own ethical compass is especially important in the arc of mindfulness-based programs (MBPs) where the cultivation of mindfulness is simultaneously the development of skillful means or ethical postures to our life situation.

Can close examination of our behavior and behavioral impulses, thoughts, and affects as they arise in and outside of the therapy hour reveal patterns whereby we might be at risk of engaging in behavior unhelpful to the therapeutic process? Can such “experience near” personal explorations increase the likelihood of engaging in an ethically wholesome manner with our patients? We will examine these questions through lectures, case material and discussion to establish a relationship of this approach to our work in the consulting room. This seminar extends into an optional weekend retreat focused on the cultivation (*bhavana*) of an ethical framework for mindfulness approaches.

Preliminary schedule (subject to change)

Thursday

- 8:30 Arrive and check in
- 9:00 Manager’s talk
- 9:15 Introduce ourselves and review structure of the day
- 9:30 Meditation
- 10-12:30 Delia’s presentation. Case scenarios, Discussion
- 12:30-2:00 Lunch and free time
- 2 Meditation
- 2:30-5 Lynette’s presentation, Case scenarios, Discussion

Ethics statement:

Note: This course is intended to satisfy the requirements of those states that require continuing education courses for ethics and/or risk management for professional license renewal. The final judgement for such qualification is made by each state's licensing boards. Please check with your local licensing board to determine if this course meets criteria to be counted for ethics credit.

Goals and Learning Objectives

- 1) Participants will become conversant in the concept of "sila," or ethics, as it pertains to the ethical practice of psychotherapy.
- 2) Participants will learn how to identify and manage wholesome and unwholesome mind states as they arise in our work as psychotherapists.
- 3) Participants will learn to use mindfulness and equanimity as a means of remaining balanced in stressful and potentially ethically challenging clinical encounters.
- 4) Participants will learn how compassion is a necessary factor and the highest ethic in meeting the distress of clients.
- 5) Participants will learn how to cultivate compassion as a means of connecting with clients and mitigate clinician burnout.

Audience

- This course is suitable for beginner, intermediate and experienced practitioners.
- The target audience for this course is licensed psychotherapists who wish to expand their understanding and practice of mindfulness-based psychotherapy and increase their understanding of the ethical principals that underscore such practice.

Faculty

Delia Kostner, Ph.D., is a psychologist and psychoanalyst in private practice in Amherst, New Hampshire. She completed her psychoanalytic training at the Pine Psychoanalytic Institute where she served as faculty for nine years. She is currently a member of the Boston Psychoanalytic Association. She has been a serious student and scholar of Buddhism for over 15 years. She is also a trained Mindfulness Based Stress Reduction (MBSR) teacher. She is the founding teacher of the Souhegan Valley Insight Meditation Group in Southern New

Hampshire. Dr. Kostner has written and lectured widely on the confluence of psychoanalysis and Buddhism.

Lynette Monteiro, Ph.D. is a psychologist in private practice in Ottawa Canada. She is trained in Cognitive Behavioural Therapy and has trained in several modalities of mindfulness programs. In 2003, she co-founded the Ottawa Mindfulness Clinic and developed an ethics-based mindfulness program that fuses traditional and contemporary approaches to mindfulness. She co-authored an article on the challenges of incorporating ethics in contemporary mindfulness-based programs, which was rated as one of the most cited articles in 2015. Other writings include Buddhist teachings in MBPs and the ethics of mindfulness-based therapy. Dr. Monteiro is the Director of Training at the OMC.

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 5 hours of credit.*

Social Workers: *“This course has been approved for 5 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 72501**.*

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Register at www.bcbsdharma.org or by calling 978-355-2347 ext. 10.

Fee: \$75 (program including lunch), 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)