

Cultivating Ethics: Buddhist Teachings for Mindfulness Program Leaders

Thursday, April 27 – Sunday April 30, 2017

Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Barre Center for Buddhist Studies

149 Lockwood Rd.

Barre, MA 01005

ph. 978-355-2347 ext. 10

www.bcbsdharma.org

Program description

Contemporary mindfulness has developed as a popular treatment option for psychological difficulties because of its secular nature and being a transdiagnostic treatment. More and more, it is becoming clear that the foundational components of mindfulness necessitate inclusion of the cultivation of ethics (sīla) both in program development and the growth of our teaching skills. This course will explore principles of Buddhist teachings essential to cultivating our wisdom and compassion as practitioners and teachers of mindfulness-based programs (MBPs). Using foundational aspects of the Dharma, we will explore the concept of sīla as a process of moral development for both teachers and participants of MBPs. The role of sīla will also be examined as a necessary intentional leaning of MBPs to foster wellbeing and happiness. A matrix of breath practice, body-mind awareness, and practical ethics will be mapped onto the curriculum of a mindfulness program to see how sīla can emerge through skillfulness in practice. The course is designed with didactic and contemplative periods that cultivate understanding and deepen practice.

Preliminary schedule (subject to change)

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

- 2:00 - 5:00 Afternoon Session – Experiential
- 5:00 - 5:30 Dinner
- 7:00 – 9:00 Evening Session - Q&A, Meditation
- 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 – Presentation, Q&A
 - Noon Lunch

Goals and Learning Objectives

- Understand the Integrated Model of Clinical Mindfulness and its application in psychotherapy and counselling
- Develop mindfulness as a therapeutic framework using the four foundations of mindfulness
- Acquire in-depth experiential practice of the Buddhist basis of a mindfulness intervention
- Learn how to apply the Five Skillful Habits as behavioural practices for cultivating values as part of mindfulness practice
- Develop the Inquiry process to clarify therapeutic process and self-reflection skills for therapist and clients
- Learn specific approaches for psychological issues such as trauma & burnout

Audience

- This course is suitable for all levels of practitioners.
- The target audience for this course: Licensed mental health clinicians who wish to expand their understanding and practice of mindfulness-based psychotherapy.

Faculty

Lynette Monteiro, C. Psych., is a registered psychologist, Clinical Professor at the University of Ottawa School of Psychology and director of professional training at the Ottawa Mindfulness Clinic in Ottawa Canada. Born in Burma, she is a Zen practitioner and specializes in mindfulness for pain management. She is author of peer-reviewed articles and chapters on traditional and contemporary mindfulness and co-author of Mindfulness Starts Here.

Frank Musten, C. Psych., is a Clinical Professor at the University of Ottawa School of Psychology and an industrial-organizational psychologist. Director of the Ottawa Mindfulness Clinic in Ottawa Canada, he teaches mindfulness & ethics as a way of resolving work-related

stress and burnout. He practices as a Secular Buddhist and is co-author of Mindfulness Starts Here. Frank works primarily with government organizations developing ethics-based mindfulness programs.

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 **18** hours of credit.*

Social Workers: *“This course has been approved for 18 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 72497**.*

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

Fee: Sliding scale \$177 (non resident with meals); \$297-\$450 (residential with meals) with \$25 CEU fee and donation to the teacher customary but not mandatory.

Location: Barre Center for Buddhist Studies (directions at www.bcbsdharma.org)