

Working with Afflictive Mind States: A Retreat for Mental Health Professionals

Wednesday, April 11, 7:30 pm – Sunday, April 15, noon

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.buddhistinguiry.org



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.

Program Description

In our work both as caregivers and meditators, challenging mind states are part of the landscape. In Theravadin Buddhism these are known as the five hindrances. These universally experienced mind states occlude and obstruct clear seeing and ease of well-being. Often, however, our avoidant or aversive attitudes toward these emotional states create more tension and dis-ease in our practice. During this retreat we will turn toward what is difficult, and through reflection and guided meditation, we will learn to mindfully explore and more effectively relate to these difficult affective states. During our time together didactic modules, group discussions and mindful communication exercises will be offered. Outside of the meditation hall, silence is observed, including during meal times, in order to facilitate a deeper contemplative experience. Mornings and evenings are devoted to guided sitting and walking meditation. Participants will learn, both during formal meditation practice and in daily life, to recognize afflictive mind states when they arise; and to practice mindful and compassionate strategies for working with 1) restlessness, 2) with sloth and torpor, 3) with desire, 4) with aversion, and 5) with working with doubt. Note: 12 CEU units are available to psychologists and other mental health professionals.

Preliminary Schedule

Wednesday

6:00 Dinner
7:30 Course Opening in Meditation Hall

Thursday – Friday

6:30 Wake-up Bell
7:00 Meditation
7:30 – 9:00 Breakfast/Free Period
9:00 – Noon Mindfulness Meditation Instruction & Practice
12:00 – 2:00 Lunch/Free Period
2:00 – 5:00 Clinical Presentation/Discussion & Practice exercises

5:00 – 6:30 Dinner/Free Period
6:30 – 9:00 Meditation Practice/Clinical Talk

Saturday

6:30 Wake-up Bell
7:00 Meditation Practice
7:30 – 9:00 Breakfast/Free Period
9:00 – noon Meditation-Sit/Walk
12:00 – 2 Lunch/Free Period
2:00 – 5:00 Meditation-Sit/Walk
5:00 – 6:30 Dinner/Free Period
6:30 – 9:00 Meditation Practice/Clinical Talk

Sunday

6:30 Wake-up Bell
7:00 Mindfulness Meditation
7:30 – 9:00 Breakfast/Free Period
9:00 – 9:15 Manager's Talk
9:15 – 11:30 Closing Circle/Breaking Silence
Noon Lunch

Learning objectives:

At the end of this event, participants will be able to:

1. Recognize afflictive mind states when they arise, both during formal meditation practice and in daily life.
2. Utilize mindful and compassionate strategies for working with restlessness.
3. Utilize mindful and compassionate strategies for working with sloth and torpor.
4. Utilize mindful and compassionate strategies for working with desire.
5. Utilize mindful and compassionate strategies for working with aversion.
6. Utilize mindful and compassionate strategies for working with doubt.

This course is suitable for all levels of practitioners.

This target audience for this course is licensed mental health clinicians and caregivers who wish to expand their understanding and practice of mindfulness-based psychotherapy.

Faculty

Bill Morgan, PsyD, is a clinical psychologist in private practice in Cambridge, MA. He has participated in many intensive retreats in meditation practice over the past 40 years and recently completed a four-year meditation retreat at the Forest Refuge in Barre, MA. Together with Susan Morgan, he has been leading mindfulness retreats for 15 years.

Susan Morgan, CNS, is a psychotherapist in Cambridge, MA. She is a board and faculty member of the Institute for Meditation and Psychotherapy and contributing author to Mindfulness and Psychotherapy. Susan has a longstanding meditation practice and recently completed a four-year meditation retreat at the Forest Refuge. She has been leading retreats, primarily for caregivers, for the last 15 years. Lovingkindness and mindfulness of the body are integral to her teaching.

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 72814.**"

Registration and Fees

Register at <http://www.buddhistinquiry.org> or by calling 978-355-2347 ext. 10.

Fee: Sliding scale \$260 (non resident with meals); \$436-\$716 (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. buddhistinquiry.org](http://www.buddhistinquiry.org))