

Cultivating the Holding Environment: Setting Up the Posture of Mindfulness

Wednesday, April 17, 7:30 pm – Sunday, April 21, noon

Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Barre Center for Buddhist Studies

149 Lockwood Road, Barre, MA 01005

ph. 978-355-2347 ext. 10

www.buddhisticquiry.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

Caregivers understand the importance of creating a holding environment in which people can safely explore their inner lives. Similarly, our own mindfulness practice will benefit if we can establish an internal container that is akin to the safe external environment we offer to others. Throughout this course we will study and practice setting up the internal structures conducive for making progress in mindfulness meditation. We will offer many instructions and guided meditations designed to create a personally meaningful and enriching environment in which mindfulness practice can flourish. During our mostly silent time together, group discussions and mindful communication exercises will be offered. Apart from these exercises, silence will be observed, including during meal times, in order to facilitate a deeper contemplative experience.

Mornings and evenings are devoted to guided sitting and walking meditation.

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. To utilize mindfulness and concentration practices in the service of being present and deepening therapeutic presence.
2. Be able to identify and establish the essential components of the holding environment for mindfulness meditation practice.
3. Demonstrate how to set up mindfulness practice in all four postures (sitting, standing, lying down, and walking).
4. Utilize compassion practices to enhance empathic attunement.
5. Learn techniques for working with unwholesome mind states.
6. Learn techniques for cultivating and sustaining wholesome mind states.

This course is suitable for all levels of practitioners.

The target audience for this course is licensed mental health clinicians, teachers, and educators 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))