

## **Feeding the Heart Good Food: The Brahmaviharas in Action**

Wednesday, June 24, 7:30 pm - Sunday, June 28, noon, 2020

Institute for Meditation and Psychotherapy

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

and

Barre Center for Buddhist Studies

149 Lockwood Road, Barre, MA 01005

ph. 978-355-2347 ext. 10

[www.buddhistinquiry.org](http://www.buddhistinquiry.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

A central habit of the mind is to focus on the negative, the one thing not done well, the not good enough, the disappointing interaction, the grievance. This contributes to low grade, chronic, self-created stress, to dukkha. The Buddha recommended that we learn to steer away from unwholesome mind states and cultivate wholesome ones. This was an essential aspect of his teaching, a core part of the raft which could take us to the shore of less stress and more ease of wellbeing. During this course we will focus on creative approaches to arousing the uplifting heart qualities of the brahmaviharas: friendliness, compassion, gladness, and equanimity. These are available to us when the heart is not preoccupied with stress. We will explore how these heart tones can be brought to life on and off the cushion and how their presence impacts the present moment.

This course is comprised of didactic modules, group discussions and mindful communication exercises. Mornings and evenings are devoted to guided sitting and walking meditation. Silence will be observed outside of the meditation hall, including during most meal times.

### Preliminary Schedule

Wednesday

7:00 - 9:00 pm, Opening Session

Thursday - Saturday

8:00 - 10:00 am, Morning Session

2:00 - 4:00 pm, Afternoon Session

7:00 - 9:00 pm, Evening Session

Sunday

8:00 - 10:00 am, Closing Session

### Learning Objectives

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

1. utilize mindfulness and concentration practices in the service of being present and deepening therapeutic presence.

2. develop the skill of recognizing unwholesome mind states close to their inception; practice metta, or lovingkindness, as a means of enhancing affect tolerance.
3. utilize compassion practices to enhance empathic attunement.
4. learn the antidote potential of appreciative joy when working with the unwholesome mind states of envy and jealousy.
5. learn how to cultivate the balanced perspective of equanimity in the face of bias and judgment.

This course is suitable for all levels of practitioners.

This 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:** Application for social work continuing education credits has been submitted. Please contact us at [contact@buddhistinquiry.org](mailto:contact@buddhistinquiry.org) or 978-355-2347 for the status of social work CE accreditation.

### Registration and Fees

**Register** at <http://www.buddhistinquiry.org>.

**Fee:** Sliding scale \$218-\$358 with \$40 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))