

Heal Anxiety in Time of Tumult: A Buddhist and Psychotherapeutic Response

Friday, June 12, 7:30 p.m. - Sunday, June 14, noon, 2020

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.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 10 hours of credit.

Program Description

As we navigate this time of significant change and strife, the healing arts of the Buddha-Dharma and Western psychology offer needed and illuminating perspectives and methods. In this course we'll explore a Buddhist and psychodynamic understanding of anxiety, its causes and personal symptoms. Together we will examine a contemplative response to this powerful form of suffering as a way to cull meaning and offer support to those who experience anxiety and its many ripple effects. With a focus on interpersonal dynamics, including the teacher/student dyad, therapist/patient dyad, and parent/child dyad, we will learn about key relational and developmental dynamics that typically generate the feelings and behaviors associated with anxiety. This course will be relevant to meditators of all experience levels and clinicians interested in the clinical applications of Buddhist meditation.

To learn about the clinical applications of Buddhist meditation and breathwork for patients with anxiety; better understand interpersonal and developmental issues contributing to anxiety; identify key intersubjective dynamics between Buddhist teachers and students, and therapists and patients that contribute to anxiety; and learn about the resonant though contrasting perspectives on psychological suffering and its working through in psychotherapeutic and Buddhist theory.

Preliminary Schedule

Friday

6:00 - 8:00 pm, Opening Session

Saturday

10:00 - 1:00 pm, First Session

2:30 - 5:00 pm, Second Session

Sunday

10:00 - 1:00 pm, Closing Session

Learning Objectives

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

1. learn about the clinical applications of Buddhist meditation and breathwork for patients with anxiety.
2. better understand interpersonal and developmental issues contributing to anxiety.

3. identify key intersubjective dynamics between Buddhist teachers and students, and therapists and patients that contribute to anxiety.
4. learn about the resonant though contrasting perspectives on psychological suffering and its working through in psychotherapeutic and Buddhist theory.
5. better understand clinical interventions commonly used in psychodynamic work with patients working through anxiety and its ripple effects.
6. learn about innovative methods in contemplative psychotherapy that integrate Buddhist meditation and clinical practice for both clinicians and patients.

This course is suitable for all levels of practitioners.

This target audience for this course is clinicians and therapists working with patients suffering from developmental trauma that give rise to pervasive and intractable forms of anxiety, and for clinicians seeking to broaden their approach to and understanding of complex interpersonal difficulties in the parent/child and therapist/patients dyads.

Faculty

Dr. Pilar Jennings is a psychoanalyst based in New York City with a focus on the clinical applications of Buddhist meditation practice. She has been working with patients and their families in private practice and through the Harlem Family Institute since 2000. Dr. Jennings has been a Buddhist practitioner for the past 40 years and is a teacher of Tibetan Buddhism in the Sakya lineage. She is a Visiting Lecturer at Union Theological Seminary; Columbia University; and a core faculty member of the Nalanda Institute for Contemplative Science where she teaches internationally on the intersection of psychodynamic perspectives and Buddhist meditation. Pilar received her doctorate in psychiatry and religion from Union Theological Seminary, and a Masters in medical anthropology from Columbia University. Her publications have included: "East of Ego: The Intersection of Narcissism and Buddhist Meditation Practice," "I've Been Waiting for you: Reflections on Analytic Pain," "Imagery and Trauma: The Psyche's Push for Healing," and *Mixing Minds: The Power of Relationship in Psychoanalysis and Buddhism* released through Wisdom Publications. Her most recent book: *To Heal a Wounded Heart: On the Transformative Power of Buddhism & Psychotherapy in Action*, was released in December 2017 and explores her entry into analytic work.

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 10 hours of credit.

Social Workers: Application for social work continuing education credits has been submitted. Please contact us at contact@buddhistinquiry.org or 978-355-2347 for the status of social work CE accreditation.

Registration and Fees

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

Fee: Sliding scale \$109 - \$199 with \$40 CEU fee and donation to the teacher customary but not mandatory.

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