

Mindfulness, Insight, Liberation:

The Foundations of Mindfulness-Based Modalities and Research

January 9 – 16, 2019

The Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Insight Meditation Society

1230 Pleasant Street

Barre, MA 01005

978-355-4378

www.dharma.org

Program Description

This retreat is specifically designed for professionals involved in mindfulness-based modalities. Educators, clinicians and researchers engaged in teaching or training in mindfulness-based approaches are welcome to attend.

The course is an invitation to extend and deepen personal experience of insight meditation, which is rooted in the cultivation of mindfulness. In the company of peers and colleagues, retreatants will explore the Four Establishments of Mindfulness as taught in the Satipaṭṭhāna discourse given by the Buddha, the foundational teaching of all contemporary mindfulness-based applications. This is a profound teaching that encourages us to place the path of freedom and compassion in the classroom of our lives, nurturing a liberated and compassionate heart.

Each day will offer a sustained schedule of formal meditation practice (both insight and metta, the teaching of boundless friendliness), meetings with the teachers, talks and guidance, all within an environment of silence. A familiarity with formal practice is assumed. An optional daily period of mindful yoga with Éowyn Ahlstrom is also included.

At the end of this course, participants will be able to: 1) define and practice mindfulness through mindful awareness of thoughts, emotions and moment-to-moment experience; 2) utilize a strong, developed quality of balanced observing awareness, which will in turn help augment the therapy given to clients in the professional setting; 3) identify and modify mental and physical reactions by developing kind, open and non-judging attention, which will help reduce the stress that arises

in therapy with clients; 4) re-direct unwholesome mental tendencies towards deepening compassionate connection to self, others, and our world; 5) explain the roots of secular mindfulness based applications in Buddhist psychology and understanding.

The format will include 25 hours of guided meditations, talks, instruction, small group meetings, and Q and A sessions led by the teachers. There will also be periods of meditation and silent practice of the principles being taught (including during meals). Although much of the culture and atmosphere at IMS reflects the Buddhist meditative tradition, this retreat is non-sectarian and does not require any adherence to Buddhism or any other adaptation of personal faith. The only requirement is participants' willingness to learn and practice the skills taught during the course. This retreat is suitable for both beginners and experienced meditators.

Faculty

Akincano Marc Weber was born in Berne (Switzerland) and is a Buddhist teacher and contemplative psychotherapist. He learned to sit still in the early eighties as a Zen practitioner and later became a monk in Ajahn Chah's tradition where he studied and practiced for 20 years in the Forest monasteries of Thailand and Europe. He studies Pali and early Buddhist scriptures, holds a degree in Mindfulness-Based Psychotherapy and runs Atammaya Cologne, a small Buddhist centre in the Rhineland. Besides his therapeutic work in Cologne he teaches Buddhist Psychology and meditation internationally in Dharma contexts and applied mindfulness in healthcare settings. Together with three fellow teachers his latest project is Bodhi College.

His psychotherapeutic work is based on a Buddhist vision of human growth and a developmental understanding of needs. His particular psychotherapeutic background is an extensive training in a mindfulness-based contemplative psychotherapy called Core Process Psychotherapy and the practice of Focusing. He has an MA in Mindfulness-Based Psychotherapeutic Practice, is an accredited member of the profession in England's UK Council for Psychotherapy (UKCP) and the Association of Core Process Practitioners (ACPP).

Chris Cullen works as a mindfulness teacher and psychotherapist. He trained to teach Insight Meditation with Christina Feldman, and also trained as a Community Dharma Leader at Spirit Rock Meditation Center in California. Chris co-founded the Mindfulness in Schools Project, and runs mindfulness courses for students at Oxford University and for musicians and actors at the Guildhall School of Music and Drama in London. He has a Master's degree in Mindfulness-Based Cognitive Therapy MBCT, and is on the teaching team at the Oxford University Mindfulness Centre.

Jaya Karen Rudgard has been practicing mindfulness since her teenage years in the 1980s, and lived as a Theravadan Buddhist nun from 1996-2005 in the Forest Sangha in the UK under the teacher Ajahn Sumedho. After leaving monastic life she became an integrative psychotherapist, counselor and a yoga teacher, and also managed a busy health food store. She began teaching Mindfulness with the Centre for Mindfulness Research and Practice at Bangor in 2010. In 2016 she graduated from the Spirit Rock / Insight Meditation Society four-year dharma teacher training led by Jack Kornfield and Joseph Goldstein. Jaya teaches insight meditation retreats in the US, UK and elsewhere, and runs a weekly meditation group in Oxford.

Continuing Education



Psychologists: 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 **25** hours of credit.

Social Workers: This program has been approved for **25** 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 80006.

Nurses: Nurses are welcome to pursue continuing education credit with IMS. As an approved provider through the APA and the NASW, many certifying and licensing nursing boards will accept the CEUs that IMS offers. We strongly recommend that you contact the board through which you are licensed or certified, to learn of your particular requirements. Specific questions can be directed to your state board. Please refer to the ncsbn.org website for more information.

Registration

You may register online at www.dharma.org. You may also call IMS to register: 978-355-4378.

Fee: IMS has a sliding scale fee structure. The minimum fee for this course is \$540, the sustaining fee is \$1,000, and the benefactor rate is \$1,575. A modest number of scholarships are available by application and will be awarded on a first-come, first-served basis.

Please note that IMS's sliding scale fee structure covers accommodations and meals only. As is customary here, the teachings are freely offered by the course faculty, who do not receive compensation. Instead, participants are invited to support the teachers via a donation at the end of the retreat.

Location: The entire course will be held at the Insight Meditation Society, 1230 Pleasant Street, Barre, MA 01005.