

Cultivation – Investigation – Contemplation: Insight Meditation Retreat for Experienced Students

July 11 – 19, 2023



The Institute for
Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and



www.dharma.org

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Program Description

This silent meditation course for experienced practitioners will focus on deepening mindfulness and insight into being with oneself and others. Our guiding map will be the teachings on the Four Applications of Mindfulness (Satipaṭṭhāna), which enable us to tap into the wealth of practical wisdom from early Buddhist contemplative traditions. The teachers will offer gentle and precise training in unifying the mind, guiding us in establishing different modes of awareness and in metta (boundless friendliness). These practices allow for quieting and strengthening the heart, and foster transformative insights, growth and integration.

Each day will offer daily didactic instruction and training in the fundamental philosophy and application of mindfulness meditation, and its observed effect on mental states over the last

two millennia of study, as well as integrating mindfulness in one's personal and professional life in service of the health and wellbeing of the clinician and the people who are under our care. Instructional sessions will range from 15 to 45 minutes, with experiential exercise to follow. In addition to formal instruction, there will be guided and unguided meditation practice, Q&A, and meetings with the teachers.

The teachers of this retreat are all experienced meditation teachers and involved in training mindfulness-based professionals or in teaching mindfulness.

An optional daily period of mindful movement will be offered by the teachers. Walking, eating, and other meditation instructions will build on and extend the contemplative exercises, and will be pursued during independent practice periods. The center maintains an environment of silence throughout.

Lecture-format teachings take place each day drawing from the instructors' decades of academic research and practice, on topics such as mitigating difficult emotions, cultivating emotional regulation for oneself and the client, mindfulness for clinical attunement and empathy, and decreasing reactivity / increasing response flexibility to stress and trauma.

The format will include **18** hours of face-to-face guided meditations, talks, instruction, small group meetings, and Q & A sessions led by the teachers. Credit is awarded for instructional time only; it does not include extended periods of meditation outside of instruction periods, mindful eating during meals, or other individual silent practice of the principles taught.

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.

Participants are required to have sat at least one silent residential meditation retreat of a week or more with a recognized insight meditation teacher. Please document this when registering.

For a detailed schedule, see below.

Learning Objectives

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

- 1) Identify, strengthen, and utilize their quality of collectedness, tranquility and mental focus;
- 2) Contextualize their own existing inner experiences and apply mindfulness skills in relation to these;
- 3) Identify and discern four distinct areas of personal process that preoccupy attentional focus:
 - i) discursive processes
 - ii) affective and conative impulses
 - iii) hedonic reactivity
 - iv) somatic processes;
- 4) Bring sustained moment-to-moment awareness to these areas and mitigate personal patterning that impairs focus, resilience and availability;
- 5) Discern and modulate skillful and unskillful patterns of cross-fertilization across these four areas – enabling behavior transforming insights;
- 6) Stabilize states of calm, apply centering skills, cultivate embodied resourcing and sustainable self-care;
- 7) Identify and mitigate identification with negative autobiographical narratives contributing to distress and preoccupation, assisting in self-care and the professional work with human suffering;
- 8) Redirect unwholesome mental tendencies, cultivate genuine wellbeing and deepen a compassionately empathetic connection and response to self, others and our world;
- 9) Effectively apply their mindfulness skills intra- and interpersonally in therapeutic or clinical settings;
- 10) Strengthen their capacity to assess and advise clients as to the appropriateness of mindfulness practice and the specific use of particular exercises;
- 11) Lessen reactivity to inner processes and outward stimuli leading to deeper value-based responsiveness and heightened empathetic availability in personal and clinical settings;
- 12) Model forms of mindful self-awareness and non-reactiveness and encourage clients and patients in bringing such qualities to their own inner and outer worlds;
- 13) Effectively guide an individual in the investigation of their body to discover sources of stress reactions.

Continuing Education



Psychologists: This program is co-sponsored by the Institute for Meditation and Psychotherapy and the Insight Meditation Society. 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 **18** hours of credit.



Social Workers: This program offers **18** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number # D 90870-1.

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.

Daily Schedule

Opening Night

7:30-8:30 Welcome and Instruction (1 CE hr)

Didactic verbal instructions. Encourage awareness of expectations and educational goals for participants. Attune group to creating a supportive and coherent retreat ambiance. Initial outline of course content and challenges inherent in contemplative depth work. (Objectives 1, 3, 10)

Daily Schedule

05:30 Wake up

06:30 Sitting

6:30 Breakfast

7:15 Work Period

8:15 Instructions and Guided Meditation (.5 CE hrs x 6 = 3 total)

Daily didactic presentation of the territory of contemplative exercises; introduction of specific intrapersonal calming and mindfulness exercises; application and development of contemplative skills to modulate and stabilize inner process and develop experiential understanding of somatic, hedonic, conative/affective and cognitive processes.

Format: Instructions and guided exercises are given several times during each day. During the course of the week, a gradual shift of emphasis in these presentations and instructions will take place from an initially more somatic type of mindfulness exercise to the more challenging tasks of establishing and developing mindfulness skills of hedonic, conative/affective and discursive inner experiences. Initially, more dedicated to stabilizing and calming types of mindful awareness and the development of attentional continuity, these instructions, presentations and exercises increasingly shift their accent to contemplative inquiry and development of experiential insight into unwholesome mental and emotional patterns with a view to lessening emotional reactivity, autobiographical rumination and the strengthening and cultivation of resourcing qualities of mind. (**Over the course of the week:** Objectives 1, 2, 3, 4, 5, 10)

9:15

Walking Meditation/Small Group Meetings

Walking meditation instructions build on and extend the contemplative exercises as outlined above into a different postural setting. (**Over the course of the week:** objectives # 4, 6, 7, 8, 9)

Meetings with teachers (Total of 2.25 CE hrs):

During the week in this time period, small group meetings will take place.

In addition to three small group meetings, participants will have at least one, maximum two, 15-minute individual interviews with teachers during the week.

Interpersonal mindfulness practices and exercises for empathetic attunement are introduced. Demonstrations and structured participant interaction: Utilize mindful speaking and listening practices to enhance empathetic attunement. Participants identify challenges and progress in developing mindfulness meditation, reflect on afflictive and nourishing experiences and integrate these in a safe and facilitated setting. Practice of mindful communication and enhanced attunement in dyadic or small group setting. (objectives #5, 11, 12, 13)

10:00 Sitting

Personal mindfulness practice. Deepen experiential understanding of effects of contemplative practices introduced.

10:45 Walking

Personal mindfulness practice. Deepen experiential understanding of effects of contemplative practices introduced.

11:30 Sitting

Personal mindfulness practice. Deepen experiential understanding of effects of contemplative practices introduced.

12:00 Lunch – Mindful eating, following instructions.

2:15 Sitting with instruction (.5 hrs x 6 = 3 hrs total)

Didactic instruction and guided intrapersonal mindfulness exercises with an emphasis on empathetic attunement and the cultivation of skilful attitudinal responses. ((**Over the course of the week:** objectives 1, 2, 7, 8, 11, 13)

3:00 Walking

Personal mindfulness practice. Deepen experiential understanding of effects of contemplative practices introduced.

3:45 Sitting

Personal mindfulness practice. Deepen experiential understanding of effects of contemplative practices introduced.

4:15 Q & A (Day One only – 1 CE hr)

Interactive session and open inquiry. Educators responding to verbal and written input and queries to specific concerns in the application of mindfulness from participants. (Objectives 2, 3, 9)

5:15 Light Dinner

6:30 Sitting

7:00 Dharma Talk (1 CE hr x 6 = 6 hrs total)

Didactic presentation with examples on topics pertinent to aspects of establishing, applying and sustaining mindfulness and metacognitive awareness in personal and professional life. (**Over the course of the week:** objectives 3, 5, 7, 9, 10, 12)

8:00 Walking

9:15 Further Practice or Rest

Closing Day

09:30 Sitting

10.00 – 12:00 Closing Instructions, Dyadic Exercises (2 CE hrs)

Didactic presentation and review of exercises applied and skills trained during the course. Reflection and integration of effects of retreat experience. Plan to engage in specific forms of mindfulness skills in personal and professional / therapeutic context. Dyadic integration exercise. (Objectives 3, 9, 10, 11)

Total CEs requested: **18**

Faculty

Akincano Marc Weber, MA, 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. He studies Pali and early Buddhist scriptures, holds a degree in Mindfulness-Based Psychotherapy, and runs Atammaya Cologne, a small Buddhist center in the Rhineland. He teaches Buddhist Psychology and meditation internationally in Dharma contexts and applied mindfulness in healthcare settings. His latest co-project is [Bodhi College](#).

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).

Yuka Nakamura, PhD in Developmental Psychology, has been practicing in the Zen, Vipassana, and Vajrayana Buddhist traditions since 1993. She is an MBSR teacher and teacher trainer at the Zentrum für Achtsamkeit meditation center in Switzerland - which she co-founded. She teaches vipassana meditation across Europe and in the US at centers such as Meditation Center Beatenberg (CH), Insight Meditation Society (US), Gaia House (UK), and Seminarhaus Engl (D). She also teaches at Bodhi College and is engaged in several dharma translation projects. Learn more at www.yuka-nakamura.ch.

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 \$665, the sustaining fee is \$1390, and the benefactor rate is \$2,405. 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 at insight meditation centers around the world, 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.