

Befriending the World Through Mindfulness: **Insight Meditation Retreat**

February 4 - 11, 2023



The Institute for
Meditation and Psychotherapy



Teachers: Bonnie Duran, Tara Mulay, Tempel Smith, & Kristina Baré (Assistant)

Program Description

As we bring awareness to our body, feelings, thoughts and emotions, and whatever is arising in each moment, we gain insight into the ever-changing stream of our experience. With guided meditation and instructions, we will sit, stand, lie down and walk with silent meditative presence. Through these practices we can reduce stress, open to wellbeing, and investigate our unconscious biases. As we gain benevolence and cultivate non-harming in this way, we can befriend ourselves and the world around us. This retreat is open to all.

Lecture-format teachings take place each day drawing from the instructors' 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.

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.

The format will include **12.5** 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. 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 practitioners.

For a detailed schedule, see below.

Learning Objectives

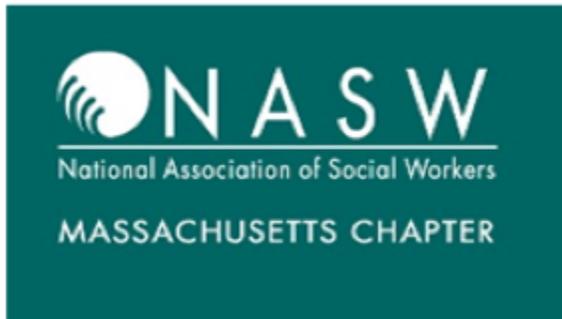
By the end of the course participants will be able to:

1. Describe the basic history and explain the principles, practices and expected outcomes of mindfulness and compassion practices.
2. Explain the potential application of mindfulness practices in self-care and social work practice.
3. Utilize personal meditation practice using mindfulness and compassion techniques on the personal, professional, and community levels.
4. Observe their experience with meditation practices and its impact on mental, emotional and physical states.
5. Collect and synthesize current knowledge and evidence about applications to their concentration or specific area of practice.
6. Identify resources for further training in the use of contemplative techniques in their area of practice.
7. Use the practical skills of mindfulness meditation, including methods for:
 - a. deepening concentration and
 - b. responding skillfully to physical pain, stress, and difficult emotions and thought patterns.
8. Discuss meditative experience as well as describe one's practice itself. (Small groups / discussion during the retreat).
9. Apply methods for deepening and integrating more mindful awareness into ordinary daily activities when not formally meditating. (Lectures / informal practice).
10. Apply ethical principles to guide professional practice. Recognize and manage personal biases as they affect the professional relationship in the service of the clients'/constituents' interests.
11. Apply critical thinking to inform and communicate professional judgments. Engage in reflective practice (e.g., regularly question and reflect on one's own assumptions and consider how these might affect interactions with clients/constituents).
12. Engage diversity and difference in practice. Understand the many forms of diversity and difference and how these influence the relationship with clients/constituents.

Continuing Education



Psychologists: This program is co-sponsored by the Institute for Meditation and Psychotherapy (www.meditationandpsychotherapy.org) and the Insight Meditation Society (www.dharma.org). The Institute for Meditation and Psychotherapy is approved by the American Psychological Association (www.apa.org) to sponsor continuing education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers **12.5** hours of credit.



Social Workers: This program has been approved for **12.5** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 90870-2.

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

(All times ET)

2/4

7:15 – 8:30 pm Course opening and overview. Outline course content and challenges inherent in learning mindfulness and compassion practices.

Methods: Didactic presentation; Guided experiential exercise.

(1 CE hour)

Objective: 1

2/5

8:30 – 9:30 am Introduction to mindful sitting and walking practice. Develop the practical skills of mindfulness meditation, including methods for deepening concentration. Observe individual experience with meditation practices and impact on mental, emotional and physical states.

Methods: Verbal didactic instruction; guided experiential exercise.

(1 CE hour)

Objectives: 2, 3, 4

4:45-5:15 pm Learn meditation technique to cultivate compassion rooted in lovingkindness/good will practice; understand expected outcomes of compassion/lovingkindness practice.

Methods: Verbal didactic instruction; guided experiential exercise; Q & A.

(0.5 CE hour)

Objectives: 1, 3

7:30-8:30 pm Learn basic history, principles, practices and expected outcomes of mindfulness practice. Collect and synthesize current knowledge and evidence about applications to specific areas of practice. Understand potential applications in self-care and social justice-oriented practice.

Methods: Verbal didactic instruction.

(1 CE hour)

Objectives: 1, 2, 5, 9

2/6

8:30-9:30 am Mindfulness for concentration. Develop the practical skills of mindfulness meditation, including methods for deepening concentration. Instruction in the use of mindfulness practices and its impacts on cognitive and effective functioning.

Methods: Guided experiential exercise; Verbal didactic instruction; Q & A.

(1 CE hour)

Objectives: 2, 3, 4, 7

4:15-5:15 pm Develop competence in compassion/lovingkindness practice; understand history and principles of compassion and good will practices.

Methods: Verbal didactic instruction; Q & A.

(0.5 CE hour)

Objectives: 1, 3

7:30-8:30 pm Learn basic history, principles, practices and expected outcomes of mindfulness practice; Collect and synthesize current knowledge and evidence about applications to specific areas of practice. Understand potential applications in self-care and social justice-oriented practice. Explore challenges to mindfulness practice and techniques for overcoming them.

Methods: Verbal didactic instruction.

(1 CE hour)

Objectives: 2, 3, 4, 10

2/7

8:30-9:30 am Mindfulness for concentration. Develop the practical skills of mindfulness meditation, including methods for deepening concentration. Instruction in the use of mindfulness practices and its impacts on cognitive and effective functioning.

Methods: Guided experiential exercise; Verbal didactic instruction; Q & A.

(1 CE hour)

Objectives: 1, 3, 4, 7

4:15-5:15 pm Develop competence in compassion/lovingkindness practice; understand history and principles of compassion and good will practices. Understand potential scope of meditative practices based on empathic connection.

Methods: Verbal didactic instruction; guided experiential exercise; Q & A.

(0.5 CE hour)

Objectives: 1, 3

7:30-8:30 pm Learn basic history, principles, practices and expected outcomes of mindfulness practice; Collect and synthesize current knowledge and evidence about applications to specific areas of practice. Identify resources for further training in the use of contemplative techniques in their area of practice. Understand potential applications in self-care and social justice-oriented practice.

Methods: Verbal didactic instruction.

(1 CE hour)

Objectives: 2, 3, 4, 6, 11

2/8 or 2/9 (groups seen on alternating days; each individual participates in two groups),

9:30-10:30 am or 11:00a.m.-12:00pm

Develop competence in communicating about experiences in meditation as well as about one's practice itself; Learn methods for deepening and integrating more mindful awareness into ordinary daily activities when not formally meditating. (Lectures / informal practice)

Method: Group discussion

(1 CE hour)

Objectives: 8, 9

2/10

8:30-9:30 am Mindfulness for concentration. Develop the practical skills of mindfulness meditation, including methods for deepening concentration. Instruction in the use of mindfulness practices and its impacts on cognitive and effective functioning.

Methods: Guided experiential exercise; Verbal didactic instruction; Q & A.

(1 CE hour)

Objectives: 2, 3, 4, 7

7:30-8:30 pm Learn methods for deepening and integrating more mindful awareness into ordinary daily activities when not formally meditating. Identify resources for further training in the use of contemplative techniques in their area of practice. Collect and synthesize current knowledge and evidence about applications to specific areas of practice. Understand potential applications in self-care and social justice-oriented practice.

Methods: Verbal didactic instruction.

(1 CE hours)

Objectives: 3, 4, 6, 9

2/11

9:30-10:30 am Learn methods for deepening and integrating more mindful awareness into ordinary daily activities when not formally meditating. Identify resources for further training in the use of contemplative techniques in their area of practice. Collect and synthesize current knowledge and evidence about applications to specific areas of practice. Understand potential applications in self-care and social justice-oriented practice.

Method: Didactic instruction; interactive small group exercise; guided experiential exercise.

(1 CE hour)

Objectives: 2, 5, 6, 9

Total CE Hours: 12.5

Faculty

Bonnie Duran, DrPH, an Opelousas/Coushatta descendant, began Buddhist meditation practice over 35 years ago. She enjoys teaching [Spirit Rock's Dedicated Practitioners Program](#), short and long retreats, and holds a People of Color and Allies Sangha in Seattle, WA. She also directs the University of Washington's [Center for Indigenous Health Research](#), is a member of [Spirit Rock Teachers Council](#) and a core teacher for IMS's [Teacher Training Program](#).

Tara Mulay, JD, teaches and mentors Insight Meditation practitioners to refine their mindfulness practice, both on the meditation cushion and in daily life. Her teachings stem from the lineage of Mahasi Sayadaw. Tara practiced criminal defense law in California for over 20 years. She was a leader of Mission Dharma in San Francisco, and in 2016 she co-founded the San Francisco People of Color Insight Sangha. She remained a core teacher with the group until the spring of 2019, when she relocated to Western Massachusetts. She currently serves on the Board of Directors of Insight World Aid. Tara is of South Asian (Indian) descent. She felt initially drawn to dharma practice upon encountering the Buddha's teachings rejecting social caste as a measure of worth and of capacity for awakening. She believes classical Buddhist practices, designed to cultivate compassion, non-greed, non-hatred, and non-delusion, are uniquely potent vehicles for empowering people in marginalized communities and effecting social change.

Tempel Smith teaches Mindfulness, Insight and Metta meditation with an emphasis on Buddhist psychology and mind-body awareness. He spent a year as a monk in Burma with Sayadaw U Pandita and Pa Auk Sayadaw. Tempel serves on the Spirit Rock Teachers Council, organizes the Dedicated Practitioners Program (DPP) and Concentration retreats for Spirit Rock, and teaches three-month study/practice programs online.

Kristina Baré, M.Sc., was introduced to Buddhist meditation as a young child by her father who teaches in the Zen Buddhist tradition. She has practiced in the Insight meditation tradition since 2009. Kristina grew up in Copenhagen, Denmark, where she trained as a clinical psychologist and as a Somatic Experiencing practitioner. She is also a Registered Marriage & Family Therapist. She now lives in Victoria, BC, Canada, from where she offers dharma support, therapy and supervision via zoom to students and clients in Europe and North America.

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 \$580, the sustaining fee is \$1,215, and the benefactor rate is \$2,105. 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.