



MINDFULNESS WORKSHOP

WISDOM & COMPASSION IN PSYCHOTHERAPY: DEEPENING MINDFULNESS IN CLINICAL PRACTICE - 2nd & 3th May 2012 -

In collaboration with Acco (publishing company)
Presented by Ronald D. Siegel, Psy.D.
A workshop for MBCT trainers and psychotherapists

What do we look for in a psychotherapist? When we're in emotional pain, the answer probably isn't academic knowledge, training in a particular approach, nor even life experience. Instead, we likely want someone who's compassionate (able to relate empathically to suffering, with good will) and wise (has a deep understanding of how to live life well). Indeed, it's difficult to imagine benefitting from a therapist who is *unwise* or *uncompassionate*.

Mindfulness practices were originally designed to alleviate suffering and cultivate well-being by intentionally developing such wisdom and compassion. Yet until recently mental health professionals haven't tapped this promise. We haven't explicitly investigated how to cultivate wisdom or compassion in ourselves or our clients.

This workshop will explore new ways in which recent scientific findings and techniques from ancient traditions can be harnessed to tap the true potential of mindfulness—to help our clients and ourselves to become wiser, more compassionate, and happier human beings.

Dag 1: Seeing Clearly: Cultivating Wisdom through Mindfulness Practice

We'll start by helping you to understand mindfulness practice theoretically and experientially. Through lecture, demonstrations, participatory exercises, and small group discussion, we will see how mindfulness can enrich and enliven our personal and professional lives, sowing the seeds for wisdom and compassion.

We'll then explore the role of wisdom in psychotherapy, learning both how we can become wiser ourselves as therapists, and how we can help our clients to live more wisely themselves. We'll explore the practical applications of modern Western psychological studies of wisdom as well as ancient Eastern traditions, investigating how they can help us and our clients to embrace change, hold our sense of self more lightly, connect more deeply to others, and find perspective and equanimity amidst the emotional intensity of life.

9:30 – 11:00 am
Developing the Three Skills of Mindfulness
Fitting the Practice to the Person
Seeing how Reality is Constructed



11:15 – 13:00 am

What Exactly *Is* Wisdom?

Wisdom and Foolishness

Mindfulness as a Path to Wisdom

13:00 noon

Lunch

Optional Eating Meditation

2:30 – 4:00 pm

The Wise Psychotherapist

Relationship Practices: The Wisdom of Connection

Self and No-Self in Psychotherapy

4:15 – 5:30 pm

Helping Clients to Develop *Wise Mind*

The Neurobiology of Wisdom

Wise Discernment: Choosing between Absolute and Relative Truth in Psychotherapy

Dag 2: Compassion for Ourselves and Others

Today we'll start by exploring the rapidly expanding use of compassion and self-compassion practices in psychotherapy. You'll learn techniques that you can use to enhance therapeutic presence, as well as methods to help your clients develop deeply accepting, compassionate attitudes toward their own experience.

We'll then look at how to apply techniques that develop wisdom and compassion to a variety of clinical disorders and populations, including trauma, anxiety, depression, destructive behavior, and the challenges of working with children. We'll end by exploring how wisdom and compassion can lead us beyond symptom relief to find pathways to lasting happiness.

Throughout the workshop, we'll examine contraindications for using various techniques, as well as creative ways to deal with the obstacles and challenges that arise when working with particular disorders and personalities.

9:30 – 11:00 am

What Exactly *Is* Compassion?

The Problem with Self Esteem

Compassion Practices for Therapists and their Clients

11:15 – 13:00 noon

Compassion, Wisdom, and Acceptance in Anxiety Treatment

Wise and Compassionate Approaches to Destructive Behavior

13:00 noon

Lunch

Optional Eating Meditation



2:30-4:00 pm

Mindfulness and Compassion in Trauma Treatment
Compassion and Self-Compassion as Treatments for Depression
Wisdom and Compassion for Parents and Children

4:15-5:30 pm

The Neurobiology of Compassion
Compassion and Wisdom in Action: Awakening through Ethics
How to Really Be Happy: Lessons from Science and Ancient Traditions

TEACHER

Ronald D. Siegel, Psy.D. is an Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for the past 30 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness, psychotherapy and mind/body treatment and has worked for many years in community mental health with inner city children and families. Dr. Siegel maintains a private clinical practice in Lincoln, Massachusetts.

Dr. Siegel is coeditor of the forthcoming book, *Wisdom and Compassion in Psychotherapy*, coeditor of the critically acclaimed professional text, *Mindfulness and Psychotherapy*, author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*, and coauthor of *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*. He is a regular contributor to other professional publications, and is co-director of the annual Harvard Medical School Conference on Meditation and Psychotherapy. Dr. Siegel is known as a down to earth, engaging, and entertaining presenter whose workshops regularly receive rave reviews.

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LOCATION

Han Fortmann Centrum
Groesbeekseweg 428
6523 PP Nijmegen
The Netherlands

PRICE

GIFT!

**The Mindfulness Solution: Everyday Practices for Everyday Problems (Dutch version)
(Acco/ Asoka) book by Ronald Siegel**

or

**The latest book by David Dewulf, Mindfulness and Depression, an integration of MBSR & MBCT
(Dutch version) (Acco) (to be released on March 2012)**



When payment is done before 1st May 2012: € 275,00 per person
When payment is done after 1st May 2012: € 350,00 per person
Included: lunch, water and tea.

SUBSCRIPTION

For subscription please mail to contact@aandacht.be with “**Workshop Ronald Siegel 26 & 27 April 2012**” as subject of your mail. Afterwards we will send you a payment request for your participation in this week. In order to do this, we would like to receive your coordinates (name and address) or your invoicing address. The price **includes** a book: you can already send us your choice if you have decided which book you want.

ARRIVAL

You are expected on day 1 at 9 a.m. for registration.
The workshop starts promptly at **9.30 a.m.** (please arrive at least 15 min before start).
Day 1 ends at **5.30 p.m.**
Day 2 starts at **9.30 a.m.** and ends at **5.30 p.m.**

PRACTICAL INFORMATION

For more practical information:
contact@aandacht.be
+32 (0)494 94 60 60 of +32 (0)9 328 60 90

ANNULATION

- More than 1 month in advance before the start: you can cancel your registration without penalty
- Between 4 and 2 weeks before the start: there is a non-refundable registration fee of 15%
- Between 2 weeks and 1 week before the start: there is a non-refundable registration fee of 30%
- Less than 1 week before the start: no refund, you have to pay the full amount.
- *If you are unable to attend, you can always send another person to attend the training in your place.*

For final dates please consult the agenda on www.aandacht.be .
Data may change. The agenda is also often updated with new activities.