

***The Art & Science of Mindfulness
Compassion & Wisdom Conference***

February 27- March 1, 2014
Hyatt Regency Hotel, Mission Bay
San Diego, CA

Thursday, February 27, 2014

9-10:30 a.m. Keynote

Empowering the Deeper Personhood of Self and Others: Theory and Practice from Tibet

John Makransky, Ph.D.

Professor of Buddhism and Comparative Theology at Boston College; Senior academic advisor for Chokyi Nyima Rinpoche's Centre for Buddhist Studies in Nepal ; Author of the meditation manual *Awakening through Love*

Authentic compassion is the power to commune with others in the goodness of their being—their innate potential of love, wisdom, inner freedom, joy, and creativity. To commune with that potential in others is to empower those qualities in them, to evoke their deeper personhood. Meditations adapted from Tibetan Buddhism can enter us into this process of compassionate empowerment, first by empowering our own latent capacity, our own deeper personhood.

Learning Objectives:

1. Understand the deeper personhood of people as an innate positive capacity in them that has been partly hidden by our socialized habit of mistaking our reified thoughts of self and others for the persons.
2. Describe the receptive and active aspects of cultivating compassion in Tibet, and how both work to uncover the deeper personhood of self and others to empower inner healing and fuller presence.
3. Begin to apply these principles in practice, by identifying benefactors, visualizing them, and communing with them within the wish and energy of loving compassion.

10:45-12:15 p.m. Keynote

Our Nature is to Nurture—A Journey into the Origins of Compassion

Emiliana Simon-Thomas, Ph.D.

Science Director, Greater Good Science Center, University of California, Berkeley
This presentation will explore the notion that compassion is key to human evolutionary fitness. Evidence from multiple scientific disciplines suggests that attuning to others and care-taking are core human competencies which fundamentally strengthen one's chances for survival. Looking at biological systems, research from social psychology and studies that examine compassion, we'll map out the rationale for considering compassion essential to health and well-being.

Learning Objectives:

1. Define compassion and understand the more primary psychological processes that contribute to compassion.
2. Understand the key studies and observations showing that compassion is fundamental to humans, and also evident as a survival advantage in primates.

3. Understand the key biological systems that support experiences of compassion, and the care-taking behavior that is motivated by compassion.

1:30-3 p.m. **Concurrent Presentations**

- **Empowering the Deeper Personhood of Self and Others: Meditation Exercises**
John Makransky, Ph.D.

Learning Objectives:

1. Let the mind begin to rest in its underlying nature of openness and awareness, beyond clinging to reified identities of self and other.
2. From within that state, experience an innate capacity of kindness and compassion for all parts of oneself, a power of compassion that can also extend to others.
3. Envision and commune with benefactors as further means to empower that innate capacity of kindness and compassion, from which similarly to commune with and empower others.
4. Take these contemplative techniques home to integrate into one's professional life and relationships.

- **Fierce Compassion: Overcoming Anxiety Through Cultivating Compassionate Courage**
Dennis Tirch, Ph.D.

Director, The Center for Mindfulness and Compassion Focused Therapy; Assistant Clinical Professor, Weill Cornell Medical College; Author of *The Compassionate Mind Guide To Overcoming Anxiety*

A growing body of research demonstrates how cultivating a compassionate mind can help us conquer our anxiety and fears. Rather than being a soft option, the deliberate activation of our compassion system can generate the courage we need to face life's challenges, and step forward into lives of meaning, purpose and vitality. This presentation will introduce the basic science of compassion and anxiety, and train participants in evidence based techniques from Compassion Focused Therapy, providing a compassionate path towards liberation from anxiety.

Learning Objectives:

1. Participants will learn the basic science underlying the powerful effects that compassion can exert upon our threat detection system.
2. Participants will learn practical meditative and imagery based techniques for using compassionate mind training to overcome anxiety.
3. Participants will learn how bringing a compassionate focus to the therapeutic relationship can deepen and augment traditional psychotherapy for anxiety, worry and fear.

3:15-4:45 p.m. **Concurrent Presentations**

- **Compassion Fitness—Evidence-based Practices for Boosting your own Compassion**
Emiliana Simon-Thomas, Ph.D.

The field of Compassion Science has galvanized the development of several scientifically validated compassion training programs by thinkers from prestigious academic institutions - and even at the tech company Google. This workshop will briefly survey these programs, then preview key practices that people can use to experience compassion more readily and widely on a day to day basis, and review the evidence that supports the validity of each of these practices.

Learning Objectives:

1. Learn about the main academically-developed compassion training programs and the research that has demonstrated their efficacy
2. Examine and try several key practices from these programs
3. Review scientific evidence which suggests that specific practices produce changes that are beneficial to health, well-being, and interpersonal functioning.

- **Empowering and Enhancing Exposure Through Compassion, Acceptance and Mindfulness**
Dennis Tirch, Ph.D.

After decades of behavior therapy research, we are discovering that exposure and response prevention involves far more than the mere extinction of fear. Building on an evolutionary model of emotion regulation, this presentation will demonstrate how training in compassion can supercharge traditional methods of exposure, generating greater willingness and psychological flexibility. This user-friendly explanation will walk through the most recent research on exposure, mindfulness and compassion, generating new methods for maximizing the efficacy of exposure in a range of clinical applications.

Learning Objectives:

1. Participants will learn how recent behavioral and neuroscience research is changing our fundamental understanding of how exposure works to treat anxiety disorders.
2. Participants will learn how an exponentially growing body of research suggests that compassion and psychological flexibility may augment the effectiveness of exposure and response prevention.
3. Participants will learn how to translate this research into practical methods for bringing mindfulness, acceptance and compassion into their exposure practice.

Friday, February 28, 2014

9-10:30 a.m. Keynote

Compassionate Companion

Frank Ostaseski

Founder of the *Metta Institute*; Co-founder of *Zen Hospice Project*; One of America's leading voices in contemplative care of the dying

Compassion is the intelligent response of our Being to the presence of suffering. Without the presence of compassion, care giving becomes a series of mechanical, technological efforts that exhausts everyone and heals no one. We will explore how compassion can function as an inner guide in identifying and reducing the true causes of suffering.

Learning Objectives:

1. Learn to develop compassionate presence in the face of suffering,
2. Identify the temporary strategies we use to avoid suffering,
3. Identify the healthy role and experience of mindfulness and compassion in addressing suffering and facilitating healing.

10:45-12:15 p.m. Keynote

Compassion & Attunement

Frank Ostaseski

This experiential session will explore both presence and roadblocks to compassion. We will learn how compassion implies an intimacy with suffering that can be felt as an attunement. The non-judgmental attention of compassion needs to cognizant of the spectrum of considerations but be precisely attuned to what matters most to the suffering individual or group in the moment.

Learning Objectives:

1. Learn to develop compassionate presence in the face of suffering,
2. Identify the temporary strategies we use to avoid suffering,
3. Identify the healthy role and experience of mindfulness and compassion in addressing suffering and facilitating healing.

1:30-3 p.m.

Concurrent Presentations

- ***Wisdom and Compassion in the Treatment of Trauma: First Do No More Harm***

Christine Courtois, Ph.D., ABPP

Private practice, Washington, DC; National Clinical Trauma Consultant, Elements Behavioral Health-Promises, Malibu and Los Angeles, CA.

This presentation will discuss the necessity for a trauma-informed perspective in the treatment of traumatized individuals and attention to spiritual and existential issues. Such an approach begins with respect and encompasses information, wisdom, and compassion regarding the injuries that have been suffered and the damage that has been done. It respects the individual and seeks to understand his/her unique experience and to tap personal and cultural strength, resilience, and resourcefulness. Psychotherapists, as helping professionals, are charged with the ethical dictum to do no harm. With the traumatized, it is to do no more harm. The ethics of treatment and the need for deep respect and compassion will be emphasized in this presentation.

Learning Objectives:

1. Attendees will be able to describe different types of trauma.
 2. Attendees will be able to identify characteristics of interpersonal trauma that make it more damaging than impersonal trauma, on average.
 3. Attendees will be able to list several characteristic of trauma-informed care.
- ***Coaching with Mindfulness and Compassion***
Shamash Alidina, M.A.
Founder and CEO of Learn Mindfulness, UK. Mindfulness Teacher Trainer Online. Author of bestselling *Mindfulness for Dummies*.
This workshop presents different ways of integrating mindfulness and compassion into your coaching with clients, when working 1 to 1. The workshop offers time for you to practice mindful and compassion based coaching on each other in small groups, and time to reflect on how you could use the tools and techniques in your own work.

Learning Objectives:

1. Explore the range of research on mindfulness and compassion in coaching
2. Understand the specific benefits of mindfulness and compassion in the workplace
3. Learn ways to introduce mindfulness and compassion in coaching
4. Discover a range of different mindful and compassion exercises to use with clients

3:15-4:45 p.m. Concurrent Presentations

- ***Wisdom and Compassion in the Treatment of Trauma: Relational Dimensions of Healing***
Christine Courtois, Ph.D., ABPP

Trauma that is interpersonal often involves betrayal, second injury, and sanctuary trauma. In this presentation, these issues will be discussed as they relate to the healing dimensions of treatment, particularly the relationship with the therapist. Psychologist Philip Kinsler wrote of the centrality of relationship in working with the traumatized, a theme that will be underscored in this presentation. We will discuss what is expected of the therapist and personal and professional preparations needed to work with traumatized individuals. Also discussed will be the risks and challenges associated with the posttraumatic and dissociative relational matrices within which the work occurs. Common transference and countertransference issues and enactments will be presented and case material used to illustrate approaches to management. Both vicarious trauma and posttraumatic growth as ongoing process issues for the therapist will be addressed.

Learning Objectives:

1. Attendees will be able to identify common elements of interpersonal trauma.
 2. Attendees will be able to describe several types of personal and professional preparations therapists should make to work effectively with traumatized individuals.
 3. Attendees will be able to identify several common transference and countertransference themes that emerge in trauma treatment.
- **Teaching Mindfulness and Compassion using Distance-Learning Approaches**
Shamash Alidina, M.A.
This workshop presents the ways to teach mindfulness and compassion using telephone, email, online programs and live webinars. Find out the advantages and disadvantages of such approaches and how to begin developing such a program for your clients. You'll have time to work in small groups to discuss the various options and explore how you could use these approaches with your clients. You'll get the chance to see our online programs as an example of what you could offer or learn from.

Learning Objectives:

1. Discover the pros and cons of distance learning approaches in learning,
2. Explore the various options for distance learning programs from telephone to webinar programs,
3. Understand the evidence for distance learning mindfulness programs,
4. See how we use online mindfulness and compassion programs to teach clients, coaches and therapists.

Saturday, March 1, 2014

9-10:30 a.m. Keynote

Radical Compassion

Richard Schwartz, Ph.D.

Director, Center for Self Leadership; Originator/Author, Internal Family Systems Therapy
Is it possible to have compassion for all parts of you? Even the ones that attack you or make you hurt others or binge? It is possible. And doing so helps those parts transform, and helps you have compassion for people who resemble those parts. This workshop will introduce you to and allow you to experience a psychotherapy called Internal Family Systems Therapy (IFS) that brings radical compassion to both inner and outer worlds.

Learning Objectives:

1. To review the basic principles of the Internal Family Systems model of psychotherapy.
2. To understand that even extreme emotions and thoughts are protective.
3. To learn to relate internally with compassion.

10:45-12:15 p.m. Concurrent Presentations

- **To Cultivate or Release Compassion?**

Richard Schwartz, Ph.D.

Many forms of meditation and psychotherapy are based on the premise that compassion needs to be learned and practiced-- cultivated-- like an underdeveloped muscle needs exercise. The Internal Family Systems (IFS) approach has a different view. Qualities like compassion, acceptance, and creativity lie fully-developed just beneath the surface of our psyches, and are released once the parts of us that protectively manage our lives are willing to open inner space for them. Through experiential exercises and video taped examples, this workshop will demonstrate the validity and utility of this position.

Learning Objectives:

1. To review the basic principles of the Internal Family Systems model of psychotherapy.
2. To understand the difference between cultivated and released compassion.
3. To learn the eight qualities of Self leadership.

- **Compassion and Social Interactions: Assessment & Future Directions**

Daryl Cameron, Ph.D.

Assistant Professor of Social Psychology, University of Iowa

We will discuss social psychological research on compassion. What is compassion, and how does it influence our everyday social interactions? What are different ways of assessing compassion? What are future directions in the field?

Learning Objectives:

1. Review theories of compassion in social psychology.
2. Discriminate positive & negative effects of compassion.
3. Understand means of measuring compassion.

1:30-3 p.m. **Concurrent Presentations**

- **Healing Our Heart through Compassionate Witnessing**
Richard Schwartz, Ph.D.

What does it take to release our hurting parts from the pain or shame they carry? This workshop will describe and demonstrate an aspect of Internal Family Systems Therapy in which clients become compassionate witnesses to their own suffering in the past, which in and of itself is healing.

Learning Objectives.

1. To review the basic principles of the Internal Family Systems model of psychotherapy.
2. To learn a new paradigm of deep healing related to witnessing rather than catharsis.
3. To experience the power of compassionate witnessing.

- **The Gifts of Suffering: Finding Insight, Compassion and Renewal**
Polly Young-Eisendrath, Ph.D.

When we have lived through a transformative experience of deep suffering in our lives – loss, upheaval, failure – what are the earmarks for valid psychological development as result of our change? This workshop will look at the topic of “resilience” from the perspective of increased optimism and compassion as a result of transforming hardship. The presenter – a psychologist, Jungian analyst and mindfulness teacher -- published a book called “The Gifts of Suffering” in 1998 and has worked with both military and therapeutic populations in the last fifteen years to apply and expand the insights the book uncovered. Her main interest has been in resilience as the capacity to thrive after adversity. This workshop will introduce some basic frameworks for understanding and teaching resilience.

Learning Objectives:

1. Understand how and why resilience is different from survival
2. Define and apply the model of compassion and self-compassion in working therapeutically or educationally with the transformation of adversity
3. Apply the idea and practice of “insight” in both therapeutic and mindfulness settings

3:15-4:45 p.m. **Concurrent Presentations**

- **It’s All Parallel: How You Relate to Your Parts Dictates How You Relate to People**
Richard Schwartz, Ph.D.

If you hate the part of you that is racist or rageful, needy or nerdy, it will be hard for you to open your heart to people who contain those qualities. This workshop will help you explore that dilemma.

Learning Objectives.

1. To review the basic principles of the Internal Family Systems model of psychotherapy.
2. To understand the parallels between how internal and external systems operate.
3. To learn to identify inner parts that resemble people for whom you have no compassion.
4. To learn to accept those parts and those people.

- **Unwelcome Change: Embracing the Lessons of Loss**
Polly Young-Eisendrath, Ph.D.

When change is shocking and unwelcome in our lives, we have to change ourselves – our own identities – in order to return to our lives with a renewed sense of wonder and

vitality. Transforming divorce, the death of a loved one, financial crisis, threatening illness, and similar deep uprooting changes in our life context requires something more or different than is offered by most contemporary psychological grief models. This workshop will introduce methods from mindfulness, personal narrative, poetry, and journaling to allow us to make the shift from feeling resentful and alienated to restoring our joy and fascination with life's engagements.

Learning Objectives:

1. Describe the effects of micro and macro narratives on our everyday reality,
2. Understand and practice basic mindfulness methods for allowing repetitive stories to drop away from awareness,
3. Make use of the Buddhist teachings on “marks of existence” as a means of sharpening therapeutic and psycho-educational work with unwelcome change (otherwise known as loss and grief).

- **Compassion and Callousness: Overcoming the Fear of Compassion**

Daryl Cameron, Ph.D.

Review of what social psychology suggests about why we avoid feeling compassion for others, and what the consequences are when we do so. Discuss empirically tested ways of getting clients past their fears of compassion.

Learning Objectives:

1. Discuss the reasons clients avoid compassion for others,
2. Review the consequences of avoiding compassion for others,