

5th Annual San Diego Compassion & Wisdom Conference

Hyatt Regency, Mission Bay, San Diego, CA

March 2-4, 2017

DETAILED AGENDA:

Thursday, March 2, 2017 (7.0 CE's)

9:45-10 a.m. Orientation & Program Details

10-12 noon *Overcoming Inadequacy: The Mindfulness Cure for the Narcissism Epidemic* Ronald D. Siegel, Psy.D.

Assistant Professor of Psychology, Part Time, Harvard Medical School; Author,
The Mindfulness Solution: Everyday Practices for Everyday Problems

What if our therapeutic goals of improving self-esteem, developing a stable and coherent sense of self, and expressing our authentic feelings all turn out to be misguided? What if they inadvertently feed the cultural enthusiasm for celebrity and success that's making so many of us miserable? This presentation will examine how mindfulness practices can be harnessed in psychotherapy to reexamine our conventional sense of self, leading both us and our clients toward greater well-being, wisdom, and compassion.

Learning Objectives:

- Describe how seeking good self-esteem leads to psychological distress.
- Identify tools to help clients act more skillfully and freely by becoming less concerned with narcissistic concerns.
- Specify how mindfulness practices can help to reduce identification with fixed narratives about oneself, helping clients to embrace more of their experience.

1:15-2:45 p.m. Concurrent Workshops (2)

- ***Mindfulness and Compassion for Anxiety and Depression*
Ronald D. Siegel, Psy.D.**

Mindfulness is being touted lately as the cure of everything that ails us as human beings. How can a simple set of practices possibly help with so many psychological disorders? This presentation will examine the common factors in psychological difficulties, and explore how mindfulness and compassion practices can help us with two of the most common: anxiety and depression.

Learning Objectives:

- Identify the common elements in anxiety, depression, and other psychological disorders.
- Describe the use of "stepping into fear" and related mindfulness practices to work with anxiety.
- Describe the use of mindfulness to enhance and enliven moment-to-moment experience, thereby challenging depressive postures.

- ***Cultivating Compassion with Couples: How Self-Compassion Supports Relationships*
Michelle Becker, MFT**
Senior teacher Trainer and Co-Founder, Teacher Training,

Mindful Self-Compassion; Licensed Marriage and Family Therapist, Private Practice, San Diego, CA.

This workshop will provide principles and practices for the why and how of utilizing self-compassion to support relationships. We will define self-compassion, learn how it relates to physiology, and how to cultivate it. We will explore how to use self-compassion to increase our ability to maintain healthy relationships. Experiential exercises will help us to know the practice ourselves and be able to teach simple practices to our clients.

Learning objectives:

- Describe the three components of self-compassion,
- Name the blocks to self-compassion,
- Describe how self-compassion provides the resources that enable us to stay present in relationships,
- Demonstrate and teach a simple physical technique for evoking self-compassion,
- Demonstrate an informal practice that can be used in times of difficulty,
- Describe how to use self-compassion in response to relational pain.

3:00-4:30 p.m. Concurrent Workshops (2)

- ***Beyond Symptom Management: Mindfulness & Compassion in the Treatment of Psychophysiological Disorders***
Ronald D. Siegel, Psy.D.

This workshop will present the central mechanisms in stress-related medical disorders and how mindfulness and compassion practices can help free us from them. We will examine the evolutionary accident that predisposes humans to these disorders, and explore a step-by-step mindfulness and compassion based program to interrupt them. We'll see how acceptance, facing fears, and resuming a normal life can be used to deal with a very wide range of these medical conditions, and how stress-related disorders can become gateways to psychological and spiritual development.

Learning Objectives:

- Understand the core dynamics of chronic pain and related psychophysiological disorders.
 - Learn a four-step approach to treating these disorders using mindfulness practice.
 - Understand the role of illness anxiety in initiating and perpetuating psychophysiological and spiritual conditions.
- ***Cultivating Compassion with Couples: Meeting Spouse/Partner with Compassion in Times of Difficulty***
Michelle Becker, MFT

In this workshop we will explore what compassion is and isn't. We will look at how compassion enhances relationships, and learn how to cultivate compassion in relationships. In order to cultivate compassion, we will also look at the blocks to compassion. Experiential exercises will help us to learn how to practice compassion in times of relational pain. These exercises will also help us to be able to embody compassion in our sessions, and to teach simple practices to our clients.

Learning objectives:

- Define compassion,
- Describe how compassion provides the resources that enable us to stay present in relationships,
- Distinguish between emotion contagion, empathy, and compassion,

- Demonstrate a practice that can be used in times of difficulty

6:30-8:30 p.m. ***The Hypnotic Elements of Mindfulness & Compassionate Treatment of Depression***

Michael Yapko, Ph.D.

Author of 16 books, including the textbook *Mindfulness & Hypnosis*; Life time achievement award from the American Psychological Association (APA)

Mindfulness as a focusing strategy shares some key characteristics with clinical hypnosis, positive psychology, and other such focus-related approaches, yet has a different aim in its application. This workshop explores these overlaps when mindfulness is applied to a goal-oriented treatment process. This is NOT a workshop about spiritual exploration or using standard (i.e., scripted) mindful meditations for personal growth. Rather, the focus is entirely on clinical applications of key aspects of mindfulness by deconstructing the hypnotic elements of such processes. Depression is the most common mood disorder in the world, one that is still growing steadily in both prevalence and severity. How a clinician thinks about the nature of depression and answers fundamental questions - such as what causes depression - naturally determine what treatment approach he or she is most likely to take. Regardless of one's preferred theoretical orientation, however, depression experts agree that treatment needs to be multi-dimensional and active. Whether someone calls a focused, experiential treatment approach mindfulness, hypnosis or calls it by some other name, the power of helping people shift their focus in meaningful and empowering ways is evident. We learn about the neuroscience of depression, especially neuroplasticity and neurogenesis, the more important well designed experiential learning processes become in treatment. These include the use of task assignments and focusing processes such as mindfulness, applied in treatment to teach mood self-regulation skills.

Learning Objectives:

- Recognize and more skillfully use the power of focus inherent in any type of therapy
- Use core components of mindfulness to increase client responsiveness and enhance treatment efficacy
- Identify specific cognitive patterns influencing treatment responsiveness and employ mindfulness strategies to enhance their value as catalysts
- Use mindfulness to address patterns of anxiety and depression
- Use mindfulness as a means of enhancing emotional self-regulation and self-efficacy
- Recognize and use the capacity for therapeutic dissociation in treatment

Friday March 3, 2017-All Day with Rick Hanson, Ph.D. (5.0 CE's)

10:00-4:30 p.m. ***Loved into Being: Practical Insights from the Neuroscience of Relationships***

Rick Hanson, Ph.D.

Psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, New York Times best-selling author, including *Buddha's Brain*, *Hardwiring Happiness*, *Just One Thing*, and *Mother Nurture*

Over millions of years, social abilities—such as empathy, compassion, and cooperation—really aided survival. Drawing on ways that love, broadly defined, has shaped the evolution of our brain, we'll explore practical methods assist clients to:

- Deepen their embodied sense of feeling values, liked, and loved.
- Develop in them a more stable experience of calm strength.
- Integrate kindness and assertiveness in important relationships.
- Widen the circle of "us" to include "them".

Learning Objectives:

- Describe one advantage of within-group social abilities in primate bands for passing on genes in human evolution,
- Describe the advantage of between-group aggressive abilities in primate bands for passing on genes in human evolution,
- Describe three neural substrates of empathy,
- Demonstrate to clients two methods for increasing their felt sense of being cared about.

10:00-Noon *Feeling Cared About/ Calm Strength*
1:15-2:45 p.m. *Compassionate Assertiveness*
3:00-4:30 p.m. *From "Them" to "Us"*

Saturday, March 4, 2017 (5.0 CE's)

10:00-12 Noon *The Pain Paradox: Embracing and Transcending Unwanted Experience
on the Way to Well-Being*

John Briere, Ph.D.

Associate Professor of Psychiatry, USC; Director, USC Adolescent Trauma Training Center; APA Award for Outstanding Contributions to the Science of Trauma Psychology; Remote Faculty, Institute for Meditation and Psychotherapy, Author/editor of 15 books, including *Principles of Trauma Therapy* and *Mindfulness-Oriented Interventions for Trauma*.

Based on his upcoming book, he will describe the *Pain Paradox*, an East-West theory of trauma-related suffering. This keynote will suggest that the solution to unwanted states is not to avoid, suppress or numb, but rather to carefully engage, accept, process, and even use painful experience. Topics addressed will include the *Suppression Effect*, the limits of dopamine, RAINing, schema triggering, and the power of broken places.

Learning Objectives:

- Describe the Pain Paradox,
- List three characteristics of the Suppression Effect,
- Describe the neurobiology of "dopamine fade",
- Review the Buddhist notion of the "second arrow" and suffering.

1:15-2:45 p.m. Concurrent Workshops (2)

- *Trauma, Attachment, and Risky Behavior: Working with Maladaptive Coping*
John Briere, Ph.D.

This workshop describes three forms of maladaptive coping (substance abuse, self-injury, dysfunctional sexual behavior) and reviews the benefits of affect regulation, mindfulness, and trigger management techniques. Also presented with a treatment philosophy that stresses a non-authoritarian, non-confrontational perspective, and emphasizes dignity and "re-moralization."

Learning Objectives:

- List three types of maladaptive coping,
 - Describe the benefits of Trigger Management,
 - Define Urge Surfing,
 - Describe metacognitive awareness.
- *Attachment, Trauma and Intimacy: Freeing ourselves from Early Attachment Wounding that often Sneaks into Our Relationships*

Diane Poole Heller, Ph.D.

International Lecturer, Somatic Experiencing trainer, DARE – Dynamic Attachment Re-Patterning Experience; expert in Trauma Resolution. Author of *Crash Course: A Self-Healing Guide to Auto Accident Trauma and Recovery*.

Explore how the different adaptations developed in early life and manifesting in the three Insecure Attachment Styles (Avoidant, Ambivalent and Disorganized) may intrude and create suffering in adult relationships—with our partners, or with our parents, children, and friends. Through an array of engaging exercises and stimulation lessons, you will learn how these dynamics can be transcended, leading to greater freedom and intimacy. Learn specific strategies to support and nourish secure healthy attachment for all the Attachment Styles; acquire more skills to serve your clients and your own growth; see and practice examples of techniques to be applied in the treatment of relationship disruptions; and take advantage of valuable assessment tools for determining your clients; Attachment Styles.

Learning Objectives:

- Apply two clinical Corrective Experiences that might help move a person's adaptations to deficits of caregivers that cause attachment disruptions such as Avoidant, Ambivalent, and Disorganized Attachment Styles back towards Secure Attachment.
- Describe Boundary Repair and one related Corrective Experience.
- Recognize two characteristics of the Disorganized Attachment style.
- Recognize two characteristics of the Avoidant Attachment style.
- Recognize two characteristics of the Ambivalent Attachment style.

3:00-4:30 p.m. *Concurrent Workshops (2)*

- *Compassionate Approaches to Working with Challenging Clients:*

Calming a Threat Response Triggered by Intimate Connection

Diane Poole Heller, Ph.D.

When encountered in early life, terrifying circumstances can imprint a Disorganized Attachment Style on a child. As the child moves into Adulthood, they may develop Affect Regulation problems, Social difficulties, Attention Deficits and a lack of a Coherent Mind. With the Disorganized Attachment Style, major biological drives are in constant conflict: the innate drive to attach and the instinctual drive to survive. In the process of therapy, one of the main goals is to uncouple, untangle, complete and heal both biological drives. The Attachment System needs Safe place to land and separate from the survival instinct. Once attached to a safe relationship they can begin to restore their self-protective responses.

Learning Objectives:

- Demonstrate how to facilitate "Installing a Competent Protector" to enhance safety.
 - Describe untangling the threat response needed to protect oneself from a frightening parent.
 - Summarize the compassionate use of somatic and relational strategies to bring clients out of Dissociation into Presence.
 - Assess the dangers of re-traumatization and learning to work within the client's range of resiliency.
- *Meeting our clients in the ground of their essential wholeness:*
Nourishing wisdom, compassion, and well-being in every moment
Richard Miller, Ph.D.
Clinical psychologist, author, researcher, yogic scholar, and spiritual teacher. Founding president of the Integrative Restoration Institute, co-founder of the International Association of Yoga Therapists, founding editor of the peer reviewed International Journal of Yoga Therapy and a founding member and

past president of the Institute for Spirituality and Psychology. He is the author of *The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma*; *iRest Meditation: Restorative Practices for Health, Resiliency, and Well-Being*; and *Yoga Nidra: The Meditative Heart of Yoga*. www.irest.us.

Why is it that some clients (as well as ourselves) live and flourish through seemingly insurmountable challenges while others struggle with even the smallest of life difficulties? In this presentation you will experience five simple inquiries that you can engage your clients in, which can help them discover what it is about themselves that is always whole, healed, healthy, resilient, and full of well-being and peace. As one client reported, "Until this, every therapy I'd done focused on what was wrong with me. Now that I know what's right about me, I'm willing to do the work to heal what does need fixing."

Over the past 45 years, Dr. Richard Miller has developed a program called Integrative Restoration - iRest®, a form of mindfulness meditation, that nourishes resilience, well-being and awakening to our essential unchanging health, wholeness and well-being. iRest is a comprehensive program that research has shown promotes well-being while reducing symptoms associated with PTSD, stress, anxiety, insomnia, chronic pain, and depression. Recognized by the US Army Surgeon General as a program for healing PTSD and chronic pain, the iRest Program is a synthesis of eastern and western mindfulness practices that releases negative emotions and thoughts, calms the nervous system, fosters unchanging well-being, and develops positive self-care skills for meeting any and all life circumstances.

Learning Objectives:

- Describe the five inquiries that reveal unchanging wholeness.
- Summarize the neuroscience that informs the experience of wholeness,
- Describe the Ten-Step iRest Program that fosters well-being,
- Define how to establish an inner resource of ever-present well-being.