

# Mindfulness, Compassion & Wisdom Conference

March 1-4, 2018      Seattle, Washington

Hilton Airport Hotel & Conference Center

## **Thursday, March 1, 2018 – Frank Ostaseski**

### **The Five Invitations:**

#### **Discovering What Death Can Teach Us About Living Fully**

### **Learning Objectives:**

#### **9:30-11:30 am.      Nature of the Service Relationship**

- Describe how participants renew their connection with their initial intention in professional service,
- List 5 Precepts that support, self-awareness, personal engagement, the development of a mutually beneficial relationship of service,
- Compare the distinguishing characteristics between helping fixing and service,
- Analyze the traps of roles and the primary obstacles in the caregiver relationship including perfectionism, isolation, distancing from suffering.

#### **1:00-3:00 p.m.      Self-Awareness, Compassion and Skillful Action**

- Self-Awareness: Discuss mindfulness as a tool for self-awareness through the cultivation of cognitive attention, emotional balance and somatic sensitivity.
- Describe 3 center listening technique for the cultivation of discernment, altruism and presence. Review 6 guidelines for wise speech.
- Explain the importance of, nurturing empathetic concern and impartial altruism in the development of compassion.
- Discuss practices for the cultivation of pro-social behaviors and positive regard and the application of these capacities to caregiving.
- Discuss the relationship between wisdom and compassion, universal and relative compassion.
- Plan strategies we employ to avoid suffering.

#### **3:15-4:45 p.m.      Personal Relationship to Death**

- Discuss how participants identify personal beliefs, experiences and fears relating to death and the dying process and feelings associated with grief.
- Demonstrate the ability to be non-judgmental in the process of emotional expression and to work with personal process
- Describe, explain and demonstrate examples of the emotional intelligence required to work with dying persons.
- Discuss and utilize personal resources to address emotional stress and assume responsibility for their own personal awareness and self-care when encountering clients with end-of-life issues.

**Friday, March 2, 2018 – Rick Hanson, PhD  
Mindful Cultivation**

**9:30-11:30 a.m. Positive Neuroplasticity**  
**1:00-3:00 p.m. The Green Zone Brain**  
**3:15-4:45 p.m. Nowness, Wholeness, Allness**

**Learning Objectives:**

- Describe three fundamental ways to engage the mind,
- Describe the two-stage process of learning – including somatic, emotional, motivational, and social learning,
- Describe why the brain evolved a negativity bias,
- Discuss the four HEAL steps of deliberately internalizing beneficial experiences.,
- Describe three fundamental human needs,
- Identify one key psychological resource for each fundamental need,
- Describe the three stages of attention processing in the brain.

**Tara Brach, PhD Friday evening, Saturday & Sunday  
Radical Love—Awakening and Living from Your Fearless Heart**

**Friday, March 2, 2018 (Evening Session) Tara Brach, PhD**  
**7:00-9:00 p.m. Your Future (Non) Self**

**Saturday, March 3, 2018- Tara Brach**

9:30-11:30 a.m. **The RAIN of Self-Compassion**

1:00-3:00 p.m. **Releasing the Armoring of Hatred and Blame**

3:15-4:45 p.m. **Widening the Circles**

7:00-9:00 p.m. (Evening) **The Bodhisattva Path**

## **Sunday, March 4, 2018 – Tara Brach**

9:00-11:00 a.m. **Living from a Fearless Heart**

### **Learning Objectives:**

- Describe basic principles of Buddhist Psychology and explain their relevance in evaluating treatment options for anxiety and anger,
- Analyze the role and mediating mechanisms of meditation practices in healing emotional suffering,
- List Buddhist mindfulness, forgiveness and compassion practices in addressing fear, grief, anger and shame,
- Describe the contra-indications of various attentional strategies in addressing traumatic fear and grief,
- Discuss meditative strategies that address interpersonal conflict,
- Compare the components of varying attentional strategies.