



FACES CONFERENCE, May 19, 2012, Litchfield, AZ

"The Art & Science of Mindfulness & Counseling: A Revolution of the Heart"

Presenter:

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Presentation:

"Interpersonal Mindfulness: Relationship as the Ground of Recovery from Psychosis in Home Environments – A Windhorse Approach."

I. Introduction / Overview of Presentation

II. Experiential Exercise:

-What is Psychosis? What do you notice, in your body – on the somatic sensation level – when you contemplate insanity, at Windhorse otherwise known as: "extreme states of mind"?

-What is Sanity? What do you notice, in your body – again, at the somatic sensation level of awareness – when you contemplate sanity?

-What does sanity and insanity have in common? What differs? What do you notice somatically in your body as you consider this?

III. Mindfulness and Psychotherapy: View / Practices to Date

IV. Interpersonal & Environmental Mindfulness: History of The Windhorse Approach

V. Loving Courage of the Heart: Why Relationship Works in Recovery from Psychosis

VI. Self/ No Self and Attachment: Ego Development and the Present Moment

**VII. Attunement of Self, Other, Environment: A Return to Heart Knowing and Body Based Awareness:
Basic Attendance as the Ground of Windhorse Recovery [*with Experiential Exercise]**

VIII. The Strengths of *Mutual Recovery* and the Challenges of *Exchange*

IX. Neuroscience and Recovery: Speaking to the Heart of How Compassion Heals Aggression

X. Closing Comment / Future Potential

Bibliography:

The Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom, Rick Hanson, Ph.D., New Harbinger Publications, 2009.

MatrixWorks Manual, Mukara Meredith, MSW, CHT, MatrixWorks: Working with Groups as Living Systems, 2008.

Mindfulness and Psychotherapy, Christopher K. Germer, Ronald D. Siegel, Paul R. Fulton, Editors, The Guilford Press, 2005.

Mindsight: The New Science of Personal Transformation, Daniel J. Siegel, M.D., Bantam Books, 2010.

Mixing Minds: The Power of Relationship in Psychoanalysis and Buddhism, Dr. Pilar Jennings, Wisdom Publications, 2010.

The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication and Self-Regulation, Stephen W. Porges, W.W. Norton & Company, 2011.

Recovering Sanity, Dr. Edward M. Podvoll, M.D., Shambhala, Boston & London, 2003.