

**4th Annual Mindfulness
Compassion & Wisdom Conference**

February 25-27, 2016

Hyatt Regency Hotel, Mission Bay
San Diego, CA

THURSDAY, February 25, 2016

10-12 noon: Keynote

The Wisdom of the Heart: Social Connectedness, Love & Health

Joan Borysenko, Ph.D.

Harvard Medical School trained cell biologist, health psychologist and New York Times bestselling author. A pioneer in stress management, resilience, and personalized nutrition. She is the author or co-author of 16 books including *Minding the Body*, *Mending the Mind*.

Intuitively, human beings understand that love heals. Sociologically and scientifically, we're beginning to understand why. From the role of oxytocin and bonding in women's response to stress, to the healing power of pets, to the importance of community, to data from the emerging field of psychoneuroimmunology, we can trace the effects of love, connection and compassion on health, peace of mind and well-being.

Learning Objectives:

1. List three effects of connectedness on health.
2. Relate data on loneliness versus social connectedness to immunity,
3. Examine mindfulness practice as a way to maintain connection to self and others,
4. Explain how compassion affects neurobiology.

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

- **Relationship as a Spiritual Path**

Pat Love, Ed.D.

Licensed Marriage and Family Therapist, Distinguished Professor, and long-standing AAMFT Clinical Member and Approved Supervisor. Author, six books including the best-selling *Hot Monogamy*.

If you want to assess; look at distress. To evaluate mindfulness, compassion and wisdom look at your most troubled relationships. Learn strategies for using relationship as a spiritual path.

Objectives:

1. Describe a strategy for determining personal core values,
2. List two types of relationships which can cause distress as well as lead to mindful living,
3. Discuss a rationale for attachment relationships.

- **Six Wisdom-Based Ways to Approach Anger**

Gail Brenner, Ph.D.

A clinical psychologist with over 20 years of experience with a special expertise working with older adults and their families, bringing clear seeing and compassion to the transitions of aging, death, and dying. She is clinical faculty at University of California, San Francisco, and authored numerous articles on coping with stress and chronic medical illness.

For some of us, anger festers inside, eating away at our happiness. For others, it explodes out into our closest relationships causing pain and distress for all involved. Explore a wisdom-based approach to anger informed by acceptance and understanding.

Learning Objectives:

1. Describe how to befriend anger,
2. Discuss the importance of attending to the physical component of anger,
3. Utilize a method of wisdom-based inquiry into anger,
4. List six effective strategies to address anger when it arises in the present moment.

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

- **The Line Between Mindfulness & Mine Field**
Pat Love, Ed.D.

Healthy boundaries can make the difference between conscious living and chaos. Review practical approaches to differentiation and decision-making.

Learning Objectives:

1. List the three major sub-groups in the family,
2. Define and describe enmeshment,
3. List three criteria which separate compulsivity from conscious, healthy behavior.

- **Experiencing Resiliency and Well-Being in Every Moment**

Richard Miller, Ph.D.

Clinical psychologist, author, researcher, yogic scholar, and spiritual teacher. Richard is the 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*.

Dr. Miller has developed a program called Integrative Restoration - iRest[®] Yoga Nidra Meditation, which promotes core relaxation

and deep healing of body and mind, nourishes resilience and well-being. iRest offers a comprehensive program that research has shown to promote resiliency and well-being while reducing stress, anxiety, insomnia, chronic pain, depression and more.

Learning Objectives:

1. Discuss the neuroscience of resiliency,
2. Describe the Ten-Step iRest Program for fostering resilience and well-being,
3. Demonstrate how to work with negative thoughts and emotions,
4. Discuss self-care skills for creating & supporting emotions that arise.

FRIDAY, February 26, 2016

Cultivating a Forgiving Heart- Healing the Wounds of Severed Belonging

All Day with Tara Brach, Ph.D.

We each have experienced the pain of rejection, betrayal, being unseen or misunderstood. When our needs for security and connection are unmet, our heart armors itself in anger and blame to protect from feeling the rawness of pain. Sadly, this only deepens the patterning of feeling separate, and perpetuates interpersonal and societal conflict.

The recently evolved capacity for forgiveness is an intrinsic part of healing and freeing our hearts. It is also the hope for a more peaceful planet. Drawing on the wisdom of Buddhist psychology, Western therapies and neuroscience, this daylong will include a series of experiential practices that awaken mindfulness and compassion and enable the “letting go” of a forgiving heart.

Learning Objectives:

1. Identify basic principles of Buddhist Psychology and explain their relevance in evaluating treatment options for anxiety and anger,
2. Examine the role and mediating mechanisms of meditation practices in healing emotional suffering,
3. Utilize Buddhist mindfulness, forgiveness and compassion practices in addressing fear, grief, anger and shame,
4. Recognize the contra-indications of various attentional strategies in addressing traumatic fear and grief,
5. Explain meditative strategies that address interpersonal conflict,
6. Differentiate the components of varying attentional strategies.

SATURDAY, February 27, 2016

9-10:30 a.m. Keynote

Compassion an Appropriate Response

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.

The practice of mindfulness and self-awareness includes the cultivation of a compassionate and wise heart. The development of compassion arises from an investigation into the profound nature of self and other. Without this understanding of an absence of separateness we run the risk of thinking about compassion from old models. Embracing suffering becomes dependent on some individual power instead of being seen as a naturally arising essential quality that emerges as an appropriate and wise response to the presence 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 in Action

Frank Ostaseski

Compassion is sensitivity to the experience of suffering, coupled with a deep commitment to alleviate that suffering. While compassion is often associated with feelings like warmth, empathy or sadness for another, it is more appropriate to view compassion as a motivational drive. We will explore how we can take compassionate action and care profoundly for others without becoming overwhelmed, emotionally exhausted or getting lost in the suffering of the situation.

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**

- **Uncovering Happiness: Part I-The Science and Practice of Mindfulness & Self-Compassion**

Elisha Goldstein, Ph.D.

Psychologist, West Los Angeles, CA; Author, *The Now Effect: How this Moment can Change the Rest of your Life*, and Co-author of *A Mindfulness-Based Stress Reduction Workbook*

Although the most widespread treatment for depression today is the use of antidepressants, current research is showing that mindfulness, self-compassion and a few other key mindsets can be equally potent for releasing natural antidepressants in the brain. Part I of this keynote will explore how the latest neuroscience research can illuminate our approach with depressed clients, especially the discovery of the parallels between the effects of trauma and depression on the brain.

Learning Objectives.

1. Define neuroplasticity,
2. List two practical mindfulness-based interventions that can help break the depressive loop,
3. Describe SAFE and the benefits of using it to reduce the depressive loop,
4. List 3 current neuroscientific studies showing the relationship between mindfulness, self-compassion and changes in the nervous system.

- **Recovering through Mindfulness: An Introduction to Refuge Recovery**

Dave Smith

Buddhist meditation teacher, addiction treatment specialist, speaker & author. Dave is the Program Director of the Against the Stream Nashville Meditation Center and working with Refuge Recovery Centers.

An introduction to a mindfulness-based addiction treatment program using Buddhist philosophy as the cornerstone of the curriculum.

Learning Objectives:

1. Review the difference between stress and suffering.
2. Demonstrate how to find and place attention.

3. Describe the philosophical structure of the Four Noble Truths.
4. Practice the basic applications of mindfulness practice.

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

- **Uncovering Happiness: Part II-The Science and Practice of Play, Purpose & Mastery**

Elisha Goldstein, Ph.D.

Part II of Uncovering Happiness will help participants understand the science and practice of natural anti-depressants such as play, purpose and a key mindset mindset that can make the difference between sinking deeper into a rut versus bouncing back with greater resiliency. Drawing from proven mindfulness-based programs, acceptance and commitment therapy, work by Brene Brown and others, this approach will help clients learn how to develop core strengths that not only help them bounce back sooner, but uncover an innate sense of confidence and joy that can lead to a more enduring sense of well-being.

Learning Objectives.

1. List two current neuroscience studies showing the relationship between compassion and a healthy shifts in brain activity,
2. List three ways play is the opposite of depression,
3. Define the key mindset that enhances neuroplasticity and is a source of resiliency,
4. List and practice a key compassion intervention for self-care and to use with patients in creating healing and forgiveness around pain.

- **Suffering is Optional: Wisdom-Based Ways of Working with Emotions**

Gail Brenner, Ph.D.

Emotions are a natural part of being human. But when we're caught in their grip, we feel separate from the ease and

vibrancy of the present moment. Together, we'll take the radical step of turning toward our emotions with openheartedness and wisdom. We'll learn skills to end the war with our experience and discover the treasures of peace and freedom at the heart of even the most painful emotions

Learning Objectives:

1. Discuss exactly what an emotion is in your clients' direct experience.
2. Describe how to separate the story (mental element) from the actual experience of the emotion.
3. Apply the value of discovering and feeling the physical aspect of any emotional experience.
4. Discuss five presence-centered tools for unraveling painful emotional experiences and finding peace in the moment.