

Compassionate Presence: Insight Dialogue for Psychotherapist and Healthcare Professionals



Led by
Sharon Beckman-Brindley and Phyllis K. Hicks

October 8-12, 2010

In this workshop/retreat we will explore classical Buddhist teachings on mindfulness, tranquility, and equanimity and connect these to western psychological understandings of the healing relationship. Particular focus will be on the evolution of authenticity and compassionate presence in the provider and client relationship.

Retreat Goal:

The retreat will weave together periods of personal and relational meditation with inquiry into clinical practice applications. Its goal is to learn and practice the structured meditation practice of Insight Dialogue, based on a relational understanding of early Buddhist teachings, and apply this practice to support a psychotherapy that is wise, balanced, wakeful and compassionate. As we meditate together we will discover ways of transforming each moment of human interaction into a path of awakening. Mindful movement and time in nature will help to cultivate the grounding and unconditional presence that allow for the emergence of our deepest wisdom.

When: The retreat begins at 4 pm Friday, October 8th and ends at noon Tuesday October 12th.

Where: The retreat will be held at the Shalom House Retreat Center located in rural western Hanover County, Virginia. Situated on 100 acres, it is 25 miles northwest of Richmond.

Information and directions can be found at the web site:

<http://www.shalomhouseretreatcenter.com>

Cost: \$696 if a deposit of \$348 and registration is postmarked by June 30th or \$780 (a deposit of \$390) if postmarked after June 30th. In the event of cancellation before June 30th, \$283 of your deposit will be returned. Due to our arrangement with Shalom House, after June 30th, deposits less a \$65 fee can only be refunded if your space is filled. There is no refund if you decide to leave the retreat early. Room, board, administrative and workshop fees and all materials are included. Meals are vegetarian.

Faculty: Sharon Beckman-Brindley, Ph.D. is a Clinical Psychologist with a private psychotherapy practice in Charlottesville, Virginia. She is a co-founder and co-teacher of the Insight Meditation Community of Charlottesville. She has trained extensively with Gregory Kramer, the co-originator of Insight Dialogue and is a recognized teacher of Insight Dialogue.

Phyllis K. Hicks, D.Min, LPC is a psychotherapist and minister. For twenty-five years she has brought together eastern and western understandings of psychology and contemplative practice in a clinical setting. She has studied with a variety of Vipassana teachers since 1999, and extensively with Gregory Kramer since 2004. She is the director of the Pastoral Care and Counseling Institute of Durham, a nonprofit center for counseling and clinical education, and is a recognized teacher of Insight Dialogue.

Continuing Education

The Institute for Continuing Education sponsors Continuing Education credit for this event. Credit is awarded on a daily basis, with full daily attendance required. The continuing education processing fee is \$25.00 per person. Application forms and other required continuing education materials will be available on site. This training event offers a total of 27.50 contact hours. Applications for CE credit are processed following the event and verification of contact hours earned will be mailed. If you have questions regarding continuing education, or for a listing of learning objectives by day, please contact *The Institute* at: 800-557-1950; FAX: 866-990-1960.

This event is appropriate for all mental health and allied professionals.

Psychology: This activity is co-sponsored by Sharon Beckman-Brindley, Ph.D., and The Institute for Continuing Education. The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling: The Institute for Continuing Education is an NBCC approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC approved clock hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for the content of this program. NBCC Provider No. 5643.

Social Work: The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for license renewal.
California Board of Behavioral Sciences Provider No. PCE 636.
Illinois Dept. Professional Regulation Provider No. 159-000606.
Ohio Counselor and Social Work Provider No. RCS 030001.
Florida Dept. Health, Div. SW, MFT, Counseling Provider BAP 255, expiration 03/11.

Marriage-Family Therapy: California Board of Behavioral Sciences, Provider PCE 636.

Skills Level: All scheduled sessions are appropriate for professionals of all levels of expertise: introductory, intermediate, advance.

To register: Please copy this registration form and mail with payment to the address below:

Name _____ Male Female

Address _____

Telephone _____ Email _____

DOB _____

Emergency
Contact _____ Phone _____

Special Needs _____

(If you have special needs, please contact Barbara Maille: phone 434-295-7711)

Please enclose a deposit of **\$348** per person before June 30th / or **\$390** per person after June 30th.

*Make checks payable to **The Pastoral Care and Counseling Institute** and mail to **Kirsten Franke, 914 East High Street, Charlottesville, VA 22902.***

Once your deposit has been received you will receive a confirming email and then again, more information as the retreat draws near.

The **balance is due on arrival** and can be received by check or cash only.

For questions about the retreat please contact Barbara Maille at bjmaille@gmail.com or by phone at 434-295-7711.

For further information on the practice of Insight Dialogue visit: www.metta.org