



HARVARD MEDICAL SCHOOL

DEPARTMENT OF CONTINUING EDUCATION

MEDITATION AND PSYCHOTHERAPY REFINING THE ART

MAY 7 - 8, 2010

BOSTON PARK PLAZA HOTEL

offered by

**THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION**

under the direction of

Christopher K. Germer

Judy Reiner Platt

Ronald D. Siegel

The objective of this course is to explore the challenges and choices faced when effectively integrating meditation into psychotherapy. As a result of attending this course, participants will be able to identify critical issues in the meditative treatment of diverse conditions and populations. Attendees will be able to outline the advantages and disadvantages of using meditation in psychotherapy, illustrate key clinical decisions that impact treatment outcome, describe recent discoveries in the neurobiology of meditation, explain techniques for retraining the brain, and discuss strategies for mindful living. This course is intended for health and mental health clinicians, researchers, educators, and others interested in the behavioral sciences.

For further information contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME) P.O. Box 398075-Inman Square, Cambridge, MA 02139 by Phone: 617-503-8445, Fax: 617-503-8460, Email: cme@challiance.org or Web: www.cambridgecme.org

FRIDAY - MAY 7, 2010 Moderator: Ronald D. Siegel

8:00 - 8:45 REGISTRATION AT THE BOSTON PARK PLAZA HOTEL

8:45 - 12:45 MORNING PROGRAM

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| The Meditative Journey | Joseph Goldstein |
| Psychodynamic Psychotherapy and Meditation: Why They Need Each Other | Jeffrey B. Rubin |
| Racism, Diversity, and Inner Peace | Jan Willis |

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM

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|--|-----------------|
| Counterclockwise: Mindful Health and the Power of Possibility..... | Ellen Langer |
| Sitting with Patients, Sitting with Ourselves..... | Paul Summergrad |
| Bringing Compassion and Equanimity into Therapy | Susan M. Pollak |

SATURDAY - MAY 8, 2010 Moderator: Christopher K. Germer

8:45 - 12:45 MORNING PROGRAM

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|--|-------------------|
| Retraining the Brain for Resiliency and Optimism | Shawn Achor |
| Neurobiology of Meditation: Latest Findings | Britta K. Hölzel |
| Finding Clarity and Calm When Facing Serious Illness..... | Elena Rosenbaum |
| When Western Medicine Doesn't Work: Caring for Refugees and Survivors across Cultures | Michael A. Grodin |

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM

| | |
|--|---------------------|
| Healing Trauma through Meditation | Deirdre Fay |
| Interpersonal Mindfulness in the Treatment of Psychosis..... | Nick T. Luchetti |
| Vignettes and Clinical Applications: | |
| Hypochondriasis | David Lovas |
| Borderline Personality Disorder | Barbara Van Zoeren |
| Addictions | Zev Schuman-Olivier |

MEDITATION AND PSYCHOTHERAPY

Course # 302525

May 7-8, 2010

Physicians' Fee: \$350 (USD)

***All Others: \$275 (USD)**

(*Including Residents and Fellows with letter of verification)

(Please Print Clearly - All Fields Required)

Full Name _____
Last First Middle Initial

Mailing Address _____
Street City State Zip

Daytime Phone (____) _____ Fax (____) _____

E-Mail Address _____

Your email address is used for important information about the course including: registration confirmation, course evaluation, and certificate. Please be sure to include an email address you check frequently. If you do not have an email address, complete this application form and send it with check to the address below.

Please check if you want to be **excluded** from receiving email notices of future Harvard Medical School Department of Continuing Education programs.

(circle one):

Physician Psychologist Nurse Social Worker Family Therapist Counselor Educator Student Other: _____

Check is enclosed: Please make your check payable to *Harvard Medical School* and mail it with this registration form to:

Harvard Medical School Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825

Payment by Credit Card (Visa or Mastercard) is ONLY accepted at: www.cme.hms.harvard.edu/courses/meditation

Telephone, fax, or mailed registrations by credit card are not accepted.

GENERAL INFORMATION

REGISTRATION:

Physicians - \$350 All Others - \$275 (including Residents and Fellows in Training with letter of verification)

All foreign payments must be made by a draft on a United States bank or by Visa or Mastercard. If paying by credit card, please register online at www.cme.hms.harvard.edu/courses/meditation Upon receipt of your registration form an email confirmation from the HMS-DCE office will be sent to you. Therefore, be sure to include an email address that is checked frequently. If paying by check, make it payable to *Harvard Medical School* and mail with completed registration form to **Harvard Medical School Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825**. A confirmation letter will be mailed to the address listed on the form. **Telephone, fax, or mailed registrations by credit card are not accepted.** Inquiries should be directed to the above address, made by phone, (617) 384-8600, Monday-Friday, 10 a.m. to 4 p.m. (EST) or by e-mail: hms-cme@hms.harvard.edu. **Program changes/substitutions may be made without notice.**

ONLINE INFORMATION:

To ensure proper registration, please add the first three letters of the source code found at the bottom of the registration form. To register or to view course information online, visit: www.cme.hms.harvard.edu/courses/meditation

REFUND POLICY:

A handling fee of \$60 (USD) is deducted for cancellation. Refund requests must be received by mail or fax (617) 384-8686 one week prior to the course. **No refund will be made thereafter.**

COURSE LOCATION AND ACCOMMODATIONS:

All sessions will be held at **The Boston Park Plaza Hotel. Rooms in Boston are limited; you are urged to make your reservations early.** A block of rooms has been reserved at the Boston Park Plaza, 64 Arlington Street, Boston, MA 02116 (617) 426-2000 or 800-225-2008 until April 22, 2010. Please specify that you are enrolled in this course to receive a reduced room rate. A map of Boston listing local hotels will be sent with your confirmation of enrollment. For additional housing assistance, please call Boston Reservations at (617) 332-4199 or BostonReservations.com

TRAVEL INFORMATION:

Reservations may be made by calling the HMS Travel Desk toll free 1 (877) 4-HARVMD (1-877-442-7863) Monday-Friday 9 am. - 8 p.m. (EST). From outside the US, Canada and Virgin Islands, please call 617-559-3764.

CONTINUING EDUCATION:

PHYSICIANS: Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Harvard Medical School designates this educational activity for a maximum of 14 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Cambridge Health Alliance maintains responsibility for this program and its content. This course offers 14 continuing education credits.

COUNSELORS/EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is an Approved Continuing Education Provider and may offer NBCC approved clock hours for events that meet NBCC requirements. The Cambridge Health Alliance solely is responsible for all aspects of the program. This program is approved for 14 clock hours, Provider # 5444, and is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for 14 credits.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Accreditation Council on Continuing Medical Education (ACCME) toward recertification. The Cambridge Health Alliance, Psychiatry Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward relicensing requirements. This course offers 16.8 hours.

SOCIAL WORKERS and FAMILY THERAPISTS: Application for continuing education credit has been made to the Collaborative of the Massachusetts Chapter of the National Association of Social Workers and the CT, MA, and RI Chapters of The Association for Marriage and Family Therapy. 14 credits are pending.

2010 CAMBRIDGE/HARVARD CALENDAR

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|---------------|------------------------------|----------------|------------------|
| January 29-30 | School Mental Health | October 29-30 | Treating Couples |
| March 5-6 | Addictions | November 5-6 | Topic Pending |
| April 9-10 | Child Psychotherapy | December 10-11 | Eating Disorders |
| May 7-8 | Meditation and Psychotherapy | | |

FACULTY

SHAWN ACHOR, MTS, Founder and CEO, Aspirant, a positive psychology international consulting firm; Former Faculty, Harvard University; Author: *Bringing Positive Psychology to Life; The Way Up* (in press)

DEIRDRE FAY, LICSW, Private Practice, Watertown; Author: *Becoming Safely Embodied Skills Manual*; Contributing Author: *The Neurobiology of Healing Trauma* (in press)

CHRISTOPHER K. GERMER, Ph.D., Faculty, Institute for Meditation and Psychotherapy; Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Private practice and supervision, Arlington; Author: *The Mindful Path to Self-Compassion*; Co-Editor: *Mindfulness and Psychotherapy*

JOSEPH GOLDSTEIN, BA, Co-Founder and Guiding Teacher, Insight Meditation Society, Barre; Author: *A Heart Full of Peace; One Dharma: The Emerging Western Buddhism; Insight Meditation: The Practice of Freedom; The Experience of Insight; Seeking the Heart of Wisdom: The Path of Insight Meditation; Voices of Insight*; Audio CDs: *Abiding in Mindfulness, Volumes I and II*

MICHAEL A. GRODIN, M.D., Professor of Psychiatry and Family Medicine, Boston University School of Medicine; Professor of Bioethics and Human Rights, Boston University School of Public Health; Acupuncturist and Instructor of Internal Energy Arts – Tai Chi, Qi Gong, and Traditional Chinese Medicine; Recipient of numerous awards and member of numerous national and international ethics and human rights committees and editorial boards; Author/Co-Author of over 200 publications including: *Perspectives on Health and Human Rights; Children as Research Subjects: Science, Ethics and Law; The Philosophical Foundations of Bioethics; Health and Human Rights*

BRITTA K. HÖLZEL, Ph.D., Research Fellow: Harvard Medical School at Massachusetts General Hospital, and Justus-Liebig University, Giessen, Germany

ELLEN LANGER, Ph.D., Professor of Psychology, Harvard University; Recipient of numerous awards and author of over 200 publications including: *Counterclockwise: Mindful Health and the Power of Possibility; On Becoming an Artist: Reinventing Yourself through Mindful Creativity; The Power of Mindful Learning; Mindfulness*

DAVID LOVAS, M.D., Psychosomatic Medicine and Psychosocial Oncology Fellow, Brigham and Women's Hospital, and Dana Farber Cancer Institute; Clinical Fellow, Harvard Medical School; Contributing Author: *Advances in Hypnosis for Medicine, Dentistry and Pain Prevention/Management*

NICK T. LUCHETTI, MS, Senior Clinician, Windhorse Associates, Northampton; Faculty Member, Certificate Program, Institute for Meditation and Psychotherapy; Private Practice, Northampton

JUDY REINER PLATT, Ed.D., Director, Division of Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

SUSAN M. POLLAK, Ed.D., MTS, Clinical Instructor in Psychology, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Director of Continuing Education and Member, Board of Directors, Institute for Meditation and Psychotherapy; Co-Editor: *The Cultural Transition*; Contributing Author: *Mapping the Moral Domain; Evocative Objects: Things We Think With*

ELENA ROSENBAUM, MS, LICSW, Adjunct Faculty, Stress Reduction Clinic, University of Massachusetts Medical School; Private Practice, Worcester; Author: *Here for Now: Living Well with Cancer through Mindfulness*; Audio CDs: *Here for Now Guided Meditations; A Healing Meditation for Cancer Patients*

JEFFREY B. RUBIN, Ph.D., Training and Supervising Analyst, Westchester Institute for Training in Psychoanalysis and Psychotherapy; Private Practice, New York City and Bedford Hills, New York; Publications include: *Psychotherapy and Buddhism: Toward an Integration; The Good Life: Psychoanalytic Reflections on Love, Ethics, Creativity, and Spirituality; A Psychoanalysis for Our Time: Exploring the Blindness of the Seeing I; The Sound of Two Hands Clapping: The Marriage of Psychoanalysis and Zen* (in progress)

ZEVI SCHUMAN-OLIVIER, M.D., Addiction Psychiatry Translational Research Fellow, Massachusetts General Hospital Center for Addiction Medicine; Clinical Fellow, Addiction Psychiatry Fellowship, Harvard Medical School; Co-Chair, Mindfulness in Addictions Study Group; Contributor to: *Journal of Palliative Medicine; Journal of Clinical Psychology*; and others

RONALD D. SIEGEL, Psy.D., Assistant Clinical Professor of Psychology, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Faculty and Board of Directors, Institute for Meditation and Psychotherapy; Publications include: *The Mindfulness Solution: Everyday Practices for Everyday Problems; Mindfulness and Psychotherapy; Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*

PAUL SUMMERGRAD, M.D., Psychiatrist-in-Chief, Tufts Medical Center; Chairman, Tufts Medical Center Physicians Organization; Dr. Francis S. Arkin Professor and Chairman, Department of Psychiatry, and Professor of Medicine, Tufts University School of Medicine

BARBARA VAN ZOEREN, LICSW, Private Practice, Brookline

JAN WILLIS, Ph.D., Professor of Religion and Professor of East Asian Studies, Wesleyan University; Recipient: Binswanger Prize for Excellence in Teaching, Wesleyan University; Author of numerous publications on meditation, women, race, and Buddhism including: *Dreaming Me: Black, Baptist and Buddhist – One Woman's Spiritual Journey* (formerly titled *Dreaming Me: An African American Woman's Spiritual Journey*); *The Diamond Light: An Introduction to Tibetan Buddhist Meditation; On Knowing Reality; Enlightened Beings: Life Stories from the Ganden Tradition*; Editor: *Feminine Ground: Essays on Women and Tibet*