



HARVARD MEDICAL SCHOOL

DEPARTMENT OF CONTINUING EDUCATION

MEDITATION AND PSYCHOTHERAPY

PRACTICING COMPASSION FOR SELF AND OTHERS

MAY 11-12, 2012

BOSTON PARK PLAZA HOTEL

offered by

THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION

under the direction of

Christopher Germer

Judy Reiner Platt

Ronald D. Siegel

The objective of this course is to explore how principles and practices of meditation, especially acceptance and compassion, can be integrated into patient care and support the therapist's own wellbeing. As a result of attending this course, you will be able to: define compassion as a psychological skill; identify conditions to support or hinder compassion in psychotherapy; describe the neurobiological processes of awareness and acceptance; trace the historical roots of compassion mind training; cultivate a compassionate response to suffering; and implement self-compassion as an antidote to compassion fatigue. In addition, you will be able to describe the use of acceptance and compassion oriented approaches, such as the applications of dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and internal family systems (IFS) to treating children, adolescents, adults, and couples.

Especially in the last five years, meditation has become one of the most widely researched treatment methods in mental and behavioral health. Through didactic lectures, questions and answers, and panel discussions, clinicians will learn the pros and cons of integrating meditation techniques into their practice, and the scientific findings on the benefits of meditation, and therefore be able to close the gap between research and clinical practice, and to explore modern applications of ancient mind training practices. This course is intended for health and mental health clinicians, researchers, educators, and others interested in learning more about the benefits of meditation for their patients and for themselves.

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

FRIDAY - May 11, 2012 - Moderator: Ronald D. Siegel

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

8:45 - 12:30 MORNING PROGRAM

- Compassion and Challenges to Compassion: The Art of Living and Dying..... Roshi Joan Halifax
- Working with Unsolvable Problems and People Elissa Ely
- Cultivating Compassion in Psychotherapy Christopher Germer

12:30 - 1:45 BREAK

1:45 - 5:30 AFTERNOON PROGRAM

- The Relaxation Response: Gene Expression, Meditation, and Change Herbert Benson
- Self-Compassion: Developing a Healthy Attitude toward Oneself Kristin Neff
- Managing Emotions through Contemplative Training:
Insights from Neurobiology Willoughby Britton

SATURDAY - MAY 12, 2012 - Moderator: Christopher Germer

8:00 - 8:30 Pre-Conference Meditation led by Andrew Olendzki

8:30 - 12:45 MORNING PROGRAM

- Loving Kindness and Compassion: What the Buddha Discovered Andrew Olendzki
- Compassionate Care of Adolescents
- Using Dialectical Behavior Therapy (DBT) Barent Walsh
- Internal Family Systems (IFS) Therapy:
Compassion Training for Patient and Therapist..... Nicole Herschenhaus
- The Role of Compassion in Acceptance and Commitment Therapy (ACT) Lisa Coyne

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM

- Mindfulness Training for Children, Teens, and Families Christopher Willard
- The Heart of Couples Therapy Antra Borofsky,
Richard Borofsky
- A Therapist's Journey from Hermitage to Clinical Practice Matthew Czaplinski

Program changes/substitutions may be made without notice

MEDITATION AND PSYCHOTHERAPY

May 11-12, 2012

Course # 322525

Physicians' Fee: \$375 (USD)
All Others: \$275 (USD)

(Please Print Clearly - All Fields Required)

Full Name _____
 First Middle Initial Last

Mailing Address _____
 Street City State Zip/Postal Code

Daytime Phone (____) _____ Fax (____) _____

Please note: 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 registration form and send it with check to the address below.

Email Address _____

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

(Circle Discipline:)

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

Check is enclosed: Please make 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 - \$375 USD All Others - \$275 USD

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.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 email: hms-cme@hms.harvard.edu

ONLINE INFORMATION: To ensure proper registration, please add the first three letters of the code found at the bottom of the registration form. To register or to view course information online, visit our home page: www.cme.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, ACCOMMODATIONS, and TRAVEL: 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 Boston Park Plaza Hotel, 64 Arlington Street, Boston, MA 02116; 617-426-2000 or 800-225-2008 until **April 23, 2012**. Please specify that you are enrolled in this course to receive a conference rate. For airline reservations you can contact the HMS Travel desk 877-442-7863 Monday to Friday 9 AM - 8 PM (EST). From outside the U.S., Canada, and Virgin Islands, please call 617-559-3764.

CONTINUING EDUCATION:

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

ACGME Competencies: This course is designed to meet: • Patient Care • Medical/Clinical Knowledge • Interpersonal and Communication Skills. **Disclosure Policy:** Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the course. These disclosures will be provided in the course materials along with disclosure of any commercial support received for the course. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

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 and 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 applied for.

2012 CAMBRIDGE/HARVARD CALENDAR 2012

January 27-28	School Mental Health	June 1-2	Practice of Psychotherapy
March 9-10	Treating the Addictions	November 2-3	Couples
April 27-28	Child Psychotherapy	November 16-17	Autism
May 11-12	Meditation	December 7-8	Eating Disorders

FACULTY

HERBERT BENSON, M.D., Director *Emeritus*, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital; Mind/Body Medical Institute Associate Professor of Medicine, Harvard Medical School; Author of over 200 publications including: *The Relaxation Response; Relaxation Revolution; Timeless Healing; The Breakout Principle*

ANTRA BOROFSKY, Ed.M., Co-Founder and Co-Director, Center for the Study of Relationship, and Private Practice, Cambridge; Contributing Author: *On Intimate Ground: A Gestalt Approach to Working with Couples; Wisdom and Compassion in Psychotherapy*

RICHARD BOROFSKY, Ed.D., Co-Founder and Co-Director, Center for the Study of Relationship, and Private Practice, Cambridge; Contributing Author: *Right Here with You: Bringing Mindful Awareness into Relationship; On Intimate Ground: A Gestalt Approach to Working with Couples; Wisdom and Compassion in Psychotherapy*

WILLOUGHBY BRITTON, Ph.D., Assistant Professor of Psychiatry, Brown University Medical School; Director of Research, Contemplative Studies Initiative, Brown University; Awards include: Brown Psychiatry Prize and Brown Public Health Award; Publications include chapters in: *New Directions for Teaching and Learning: Contemplative Studies in Higher Education; Mindfulness Related Treatments and Addiction Recovery; Memory and Emotion*; Contributor to the following scientific journals: *Psychological Science; Psychosomatic Medicine; Behavior Therapy*

LISA COYNE, Ph.D., Associate Professor of Psychology and Director, Early Childhood Research Clinic, Suffolk University; ACT Trainer; Author: *The Joy of Parenting: An Acceptance and Commitment Therapy Guide to Effective Parenting in the Early Years*; Contributor to: *Acceptance and Mindfulness Interventions for Children, Adolescents, and Families; Transdiagnostic Treatment Approaches to Youth Psychopathology* (in press); and numerous journal articles

MATTHEW CZAPLINSKI, MSW, Teaching Associate, Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Private Practice, Cambridge

ELISSA ELY, M.D., Psychiatrist, Massachusetts Mental Health Center, Harvard Medical School; Op-ed contributor, *The Boston Globe*

CHRISTOPHER 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; Wisdom and Compassion in Psychotherapy*

ROSHI JOAN HALIFAX, Ph.D., Buddhist teacher, anthropologist and pioneer in the end-of-life care field; Founder, Abbot, and Head Teacher, Upaya Zen Center, Founder, Upaya Prison Project, and Founder and Director, Project on Being with Dying, Santa Fe, New Mexico; Distinguished Invited Kluge Scholar, Library of Congress; Author of many books, including *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*

NICOLE HERSCHENHOUS, M.D., Clinical Fellow, Psychosomatic Medicine and Psychosocial Oncology, Brigham and Women's Hospital and Dana Farber Cancer Institute at Harvard Medical School

KRISTIN NEFF, Ph.D., Associate Professor in Human Development and Culture, University of Texas at Austin; Co-Developer: Mindful Self-Compassion Training Program; Featured in the book, movie, and DVD: *The Horse Boy* (her family's story of autism); Author of numerous publications including: *Self-Compassion: How to Stop Beating Yourself Up and Leave Insecurity Behind*

ANDREW OLENDZKI, Ph.D., Senior Scholar, Barre Center for Buddhist Studies; Visiting Faculty, Divinity School, Harvard University; Author: *Unlimiting Mind: The Radically Experiential Psychology of Buddhism*; Contributor to numerous journals and books including: *Mindfulness and Meditation; Buddhist Thought and Applied Psychological Research; Clinical Handbook of Mindfulness*

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

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; Books include: *Mindfulness and Psychotherapy; Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain; Wisdom and Compassion in Psychotherapy*

BARENT WALSH, MSW, Ph.D., Executive Director, The Bridge, Worcester; Lecturer on Psychiatry, Harvard Medical School at Cambridge Health Alliance; Author: *Treating Self-Injury: A Practical Guide; Self-Mutilation: Theory, Research, and Treatment*; Contributing Author: *Understanding Non-Suicidal Injury: Origins, Assessment, and Treatment*

CHRISTOPHER WILLARD, Psy.D., Staff, Tufts University; Private Practice and Consultation, Cambridge and Wellesley; Board of Directors, Institute for Meditation and Psychotherapy; Author: *Child's Mind*