



# MEDITATION AND PSYCHOTHERAPY

## Multiple Perspectives on Mindfulness

**MAY 3-4, 2019**

**HYATT REGENCY HOTEL  
in Downtown Crossing  
BOSTON, MASSACHUSETTS**

*offered by*

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

**Christopher Germer**

*under the direction of*  
**Judy Reiner Platt**

**Ronald D. Siegel**

Now that mindfulness practices are mainstream both in society and psychotherapy, this course will explore recent developments in their application to diverse challenges—offering clinicians and others new perspectives on how to integrate mindfulness practices into their personal and professional lives. The presentations will include an overview of mindfulness training, lessons for working mindfully in the therapy relationship, and approaches for helping adults, children and families manage difficult emotions. Strategies for working with underserved populations and employees in the workplace, and insights for developing and sustaining a meditation practice will be offered. Multiple learning formats will be used including didactic presentations, experiential exercises, case discussions, and Q&A. This course is intended for all mental health practitioners and others interested in the principles and practices of mindfulness in therapy and daily life. **Learning Objectives:** As a result of attending this course participants will be able to describe the current status of mindfulness-based training programs; apply psychological and neurobiological mechanisms of change to psychotherapy and one's own personal practice; define how mindfulness principles fit into individual and family therapy; and explain how to overcome cultural barriers to meditation practice, manage emotionally dysregulated clients, bring mindfulness into the workplace, and use mindfulness practices to respond creatively to clinical mistakes.

**For Further Information Contact:** Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: [cme@challiance.org](mailto:cme@challiance.org); Web: [www.cambridgecme.org](http://www.cambridgecme.org)

### FRIDAY, MAY 3, 2019

**7:45 - 8:30 REGISTRATION AT HYATT REGENCY HOTEL, DOWNTOWN CROSSING, BOSTON**

**8:30 - 12:45 MORNING PROGRAM** - Moderator: Christopher Germer

The Promise, Power, and Potential Pitfalls  
of Mindfulness-Based Programs in a Technology-Oriented World..... Saki F. Santorelli  
Mindfulness and Mechanisms of Behavior Change ..... Zev Schuman-Olivier  
Enriching Psychotherapy through Meditative Practice..... Stephanie P. Morgan  
The Four Noble Truths of Relationships ..... Susan Piver

**12:45 - 2:00 BREAK**

**2:00 - 5:15 AFTERNOON PROGRAM** - Moderator: Ronald D. Siegel

Motivating Ourselves to Meditate ..... James O. Prochaska  
I Can't Breathe: Meditation That Embodies Social Justice ..... Dominique A. Malebranche  
Mindfulness for At-Risk Individuals,  
Vulnerable Populations, and Marginalized Communities ..... Fleet Maull

### SATURDAY, MAY 4, 2019

**8:30 - 12:45 MORNING PROGRAM** - Moderator: Ronald D. Siegel

Contemplative Practices for a World on Fire..... Melissa Myozen Blacker  
The Neuroscience of Meditation ..... Gaele Desbordes  
Mindfulness for Intense Emotions..... Blaise Aguirre  
Making Mindfulness Stick with Children, Teens, and Families ..... Christopher Willard

**12:45 - 2:00 BREAK**

**2:00 - 5:00 AFTERNOON PROGRAM** - Moderator: Christopher Germer

Mindfulness at Work: From Fad to Foundation ..... Nancy Costikyan  
Learning from Our Mistakes..... Nicholas Barnes,  
Elizabeth G. Brenner,  
Paul R. Fulton, and  
Susan M. Pollak

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

### MEDITATION AND PSYCHOTHERAPY (#732525-1902)

**Registration Fees: Physicians \$400 All Others: \$300**

Plus a processing fee of \$10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at

<https://cmeregistration.hms.harvard.edu/Meditation2019> (directly into browser) or [www.cambridgecme.org](http://www.cambridgecme.org)

Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600

(Monday to Friday - 9:00 am to 5:00 pm EST); email: [CEPrograms@hms.harvard.edu](mailto:CEPrograms@hms.harvard.edu) or

Cambridge CME at 617-806-8770; email: [cme@challiance.org](mailto:cme@challiance.org)

### 2019 CAMBRIDGE/HARVARD CALENDAR

January 25-26	School Mental Health	November 1-2	Treating Couples
March 1-2	Treating the Addictions	November 15-16	Sex, Sexuality, and Gender
April 5-6	Treating Young Adults	December 6-7	Integrated Care
May 3-4	Meditation and Psychotherapy		

## GENERAL INFORMATION

**REGISTRATION:** Please use the secure online website as shown at the bottom of the front page. Credit cards accepted are Amex, MasterCard, and Visa. If paying by check, register online and you will be prompted to download a check submission form. A “pending” email will be sent to you. Final confirmation will be received after processing your check. All foreign payments must be made by a draft on a United States bank or paid by credit card. **Telephone and fax registrations are not accepted.**

**COURSE LOCATION AND ACCOMMODATIONS:** All sessions will be held at **The Hyatt Regency Boston. Rooms in Boston are limited; you are urged to make your reservations early.** A block of rooms has been reserved at the Hyatt Regency, One Avenue de Lafayette, Boston, MA 02111; 617-912-1234 until **April 9, 2019.** Please specify that you are enrolled in this course to receive a conference rate.

**REFUND POLICY:** Refunds, less a \$75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. “No-Shows” are subject to the full course fee.

### CONTINUING EDUCATION:

**PHYSICIANS:** The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) 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.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

**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, Psychiatry Continuing Education Division, maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

**SOCIAL WORKERS and FAMILY THERAPISTS:** Application for social work continuing education credit has been submitted to the Collaborative of NASW and the Boston College and Simmons Schools of Social Work (contact The Cambridge Health Alliance, Psychiatry Continuing Education Division, for the status of social work credits) and to the MA Board of Registration of Allied Mental Health and Human Services Professions for LMFT professional continuing education for a total of 14 credits (7 credits/hours per day). The Division of Continuing Education in Psychiatry at Cambridge Health Alliance/CHA Physicians Organization is recognized by the **New York State** Education Department’s State Board for Social Work as an Approved Provider (#0038) of continuing education for licensed social workers; 14 contact hours have been approved. The states of CT and RI accept NBCC and NASW approval for marriage and family therapists.

**COUNSELORS and EDUCATORS:** The Cambridge Health Alliance, Psychiatry Continuing Education Division (CHAPO), has been approved by NBCC as an approved Continuing Education Provider, ACEP No. 5444. Programs that do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHAPO is solely responsible for all aspects of the program. This offering is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PDP Educator accreditation for a total of 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 a total of 16.8 hours.

## FACULTY

**BLAISE AGUIRRE, MD,** Founder and Medical Director, 3East Continuum, a residential DBT program for young girls, McLean Hospital; Assistant Professor of Psychiatry, Harvard Medical School; Author of numerous books including: *Mindfulness and Meditation: Your Questions Answered, Fighting Back: What an Olympic Champion’s Story Can Teach Us About Recognizing and Preventing Child Sexual Abuse – and Helping Kids Recover, Mindfulness for Borderline Personality Disorder: Relieve your Suffering Using the Core Skill of Dialectical Behavior Therapy,* and *Borderline Personality Disorders in Adolescents, 2<sup>nd</sup> Ed.*

**NICHOLAS BARNES, MD,** Pain Medicine Fellow, Brigham and Women’s Hospital; Private Practice, Brookline

**MELISSA MYOZEN BLACKER, MA,** Zen Priest and Teacher in Residence at Boundless Way Temple, Worcester; Co-Editor, *The Book of Mu: Essential Writings on Zen’s Most Important Koan*; Contributor to: *Best Buddhist Writing, 2012, The Hidden Lamp,* and *Zen Teachings in Challenging Times*

**ELIZABETH G. BRENNER, LICSW,** Director, Therapy Training Boston and Private Practice, Watertown; Supervisor, Couples and Family Therapy Program, Cambridge Health Alliance; Teaching Associate in Psychiatry, Harvard Medical School; 2017 Recipient, Greatest Contribution to Social Work, Massachusetts Chapter, National Association of Social Workers; Contributing Author: *Psychiatric Home Care: Clinical and Fiscal Dimensions and Acute Care Psychiatry: Diagnosis and Treatment*

**NANCY COSTIKYAN, MSW, LICSW,** Director, Office of Work/Life, Harvard University; Teaching Associate in Psychiatry, Harvard Medical School at Cambridge Health Alliance

**GAELLE DESBORDES, PhD,** Instructor in Radiology, Harvard Medical School; Research Staff, Martinos Center for Biomedical Imaging, Massachusetts General Hospital; Member, Mindfulness Research Collaborative; Contributing Author: *Homeostatic Control of Brain Function*

**PAUL R. FULTON, EdD,** Lecturer in Psychiatry, Harvard Medical School at Cambridge Health Alliance; Board of Directors, Barre Center for Buddhist Studies; Co-Founder and Board Member, and Course Director of the Certificate Course in Mindfulness and Psychotherapy, Institute for Meditation and Psychotherapy; Private Practice, Newton; Author/Contributor to numerous publications including: *Mindfulness and Psychotherapy, Wisdom and Compassion in Psychotherapy, Buddhism and World Culture,* and *Mindfulness and the Therapeutic Relationship*

**CHRISTOPHER GERMER, PhD,** Faculty and Co-Founder, Center for Mindfulness and Compassion and Supervisor, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry (part-time), Harvard Medical School; Faculty, Institute for Meditation and Psychotherapy; Co-Developer, *Mindful Self-Compassion (MSC) Training Program*; Private Practice and Supervision, Arlington; Author, *The Mindful Path to Self-Compassion*; Co-author: *Teaching the Mindful Self-Compassion Program and The Mindful Self-Compassion Workbook*; Co-editor: *Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy*

**DOMINIQUE A. MALEBRANCHE, PhD,** Postdoctoral Fellow, Trauma Center, Brookline; Program Planning Committee Member, International Symposium for Contemplative Research 2018, Mind & Life Institute; Certified Trauma Sensitive Yoga Facilitator (TCTS-Y-F) and Vinyasa Yoga Teacher and Practitioner; Facilitator, Healing Through Embodied Yoga, Boston Center for Contemplative Practice

**FLEET MAULL, PhD, CMT-P,** Founder: Prison Mindfulness Institute and its Divisions, The Center for Mindfulness in Public Safety, Engaged Mindfulness Institute, and Mindful Justice Initiative, Deerfield; Founder: National Prison Hospice Association, Naropa University for Contemplative End of Life Care, and Windhorse Seminars and Consulting; Co-Founder: Buddhist Chaplaincy Training, Upaya Institute, Santa Fe, New Mexico and the Bearing Witness and Peace Initiative, Rwanda; Author: *Dharma in Hell: The Prison Writings of Fleet Maull, Radical Responsibility: How to Move Beyond Blame, Fearlessly Live Your Highest Purpose and Become an Unstoppable Force for Good* and the forthcoming books *Mindfulness-Based Wellness and Resiliency for Corrections Professionals*

**STEPHANIE P. MORGAN, MSW, PsyD,** Private Practice and Supervision, Manchester; Faculty and Founding Board Member, Institute for Meditation and Psychotherapy; Contributing Author: *Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy*

**SUSAN PIVER,** Creator, Open Heart Project, an online mindfulness community; Author of nine books including: *The Four Noble Truths of Love: Buddhist Wisdom for Modern Relationships, The Hard Questions, How Not to be Afraid of Your Own Life, The Wisdom of a Broken Heart, Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation*

**JUDY REINER PLATT, EdD,** Director of Continuing Education, Department of Psychiatry, Cambridge Health Alliance; Lecturer on Psychiatry, Harvard Medical School

**SUSAN M. POLLAK, EdD, MTS,** Co-Founder and Senior Teacher, Center for Mindfulness and Compassion, Cambridge Health Alliance; Teaching Associate in Psychology, Department of Psychiatry, Harvard Medical School; President, Institute for Meditation and Psychotherapy; Publications include: *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy and The Cultural Transition*; Contributor to: *Mapping the Moral Domain, Evocative Objects: Things We Think With, Mindfulness and Psychotherapy and Self-Compassion for Parents* (forthcoming); Blogger, “The Art of Now”, *Psychology Today*

**JAMES O. PROCHASKA, PhD,** Director, Cancer Prevention Research Center and Professor, Clinical and Health Psychology, University of Rhode Island; Developer, Stage Model of Behavior Change; Founder, Pro-Change Behaviors Systems; Recipient of numerous awards including: Top Five Most Cited Authors in Psychology, American Psychology Society; Innovator’s Award, Robert Wood Johnson Foundation, Medal of Honor for Clinical Research, American Cancer Society; Author of over 400 publications and the books: *Changing to Thrive, Changing for Good, Systems of Psychotherapy,* and *The Transrational Approach*

**SAKI F. SANTORELLI, EdD, MA,** Former Director, Stress Reduction Clinic and Executive Director, Center for Mindfulness in Medicine, Health Care, and Society, and Professor of Medicine, University of Massachusetts Medical School; Senior Fellow, Mind and Life Institute; Founding Member, Consortium of Academic Health Science Centers for Integrative Medicine; Author: *Heal Thy Self: Lessons on Mindfulness in Medicine* and the 4-CD set, *The Healing Power of Mindfulness*

**ZEV SCHUMAN-OLIVIER, MD,** Executive and Research Director, Center for Mindfulness and Compassion and Medical Director, Addiction Services, Cambridge Health Alliance; Instructor in Psychiatry, Harvard Medical School; Faculty Member and Investigator, Center for Technology and Behavioral Health, Dartmouth School of Medicine; Author of numerous publications

**RONALD D. SIEGEL, PsyD,** Faculty, Center for Mindfulness and Compassion and Assistant Professor of Psychology, (part-time), Department of Psychiatry, Harvard Medical School at Cambridge Health Alliance; Faculty, Institute for Meditation and Psychotherapy; Author of the Great Courses Program, *The Science of Mindfulness: A Research-Based Path to Well-Being*; Books include: *Sitting Together, Mindfulness and Psychotherapy, The Mindfulness Solution, Back Sense,* and *Wisdom and Compassion in Psychotherapy*

**CHRISTOPHER WILLARD, PsyD,** Teaching Associate in Psychiatry, Harvard Medical School at Cambridge Health Alliance; Board of Directors, Institute for Meditation and Psychotherapy; President, Mindfulness in Education Network; Private Practice, Boston; Author: *Child’s Mind, Growing Up Mindful, Raising Resilience,* and others