

# *Foundations of Mindfulness-Based Approaches: Insight Meditation Retreat*

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January 9 – 16, 2020

The Institute for Meditation and Psychotherapy

[www.meditationandpsychotherapy.org](http://www.meditationandpsychotherapy.org)

and

Insight Meditation Society

1230 Pleasant Street

Barre, MA 01005

978-355-4378

[www.dharma.org](http://www.dharma.org)

## **Program Description**

This retreat is specifically designed for professionals involved in mindfulness-based approaches, whether as teachers, trainers, psychotherapists, clinicians or researchers. A minimum requirement for attendance is prior completion of a recognized eight-week mindfulness course, or prior retreat experience together with a professional involvement with mindfulness. The teachers of this retreat are all involved in training mindfulness-based professionals or in teaching mindfulness.

The course is not a professional training, but rather an invitation to extend and deepen personal experience of insight meditation, which is rooted in the cultivation of mindfulness. Retreatants will explore the Four Establishments of Mindfulness as taught in the Satipaṭṭhāna, the foundational teachings of all contemporary mindfulness-based applications. These teachings offer a path to freedom and compassion, and encourage the integration of contemplative wisdom into the fabric of our daily lives.

Each day will offer a sustained schedule of guided and unguided meditation practice, meetings with the teachers, talks and reflections, all within an environment of silence. An optional daily period of mindful movement will be offered by the teachers. When registering, please indicate your personal and professional involvement with mindfulness.

At the end of this course, participants will be able to: 1) define mindfulness meditation; 2) utilize and strengthen their quality of concentration; 3) utilize a strong, developed quality of balanced observing awareness, which will in turn help augment the therapy given to clients in the professional setting; 4) strengthen their capacity to assess and advise clients as to the appropriateness of mindfulness practice for them; 5) identify and mitigate mental, emotional and physical distress by developing non-judging attention, which will assist in working professionally with human suffering; 6) re-direct unwholesome mental tendencies towards deepening compassionate connection to self, others, and our world; 7) explain the roots of secular mindfulness based applications in Buddhist psychology and understanding.

The format will include 25 hours of guided meditations, talks, instruction, small group meetings, and Q and A sessions led by the teachers. There will also be periods of meditation and silent practice of the principles being taught (including during meals). Although much of the culture and atmosphere at IMS reflects the Buddhist meditative tradition, this retreat is non-sectarian and does not require any adherence to Buddhism or any other adaptation of personal faith.

## Faculty

**Chris Cullen** works as a mindfulness teacher and psychotherapist. He trained to teach insight meditation with Christina Feldman, and also trained as a Community Dharma Leader at Spirit Rock Meditation Center in California. Chris co-founded the Mindfulness in Schools Project, and has a Master's degree in Mindfulness-Based Cognitive Therapy (MBCT). He is on the Core Faculty of Bodhi College, and the teaching team at the University of Oxford's Mindfulness Centre, from where he runs the mindfulness program in the UK Parliament in London.

**Jaya Rudgard** is an insight meditation and mindfulness teacher based in the UK. A graduate of Oxford University, she qualified as a commercial solicitor in London before becoming a Buddhist nun for eight years in the Forest Sangha in the UK under the guidance of teacher Ajahn Sumedho. She has a postgraduate diploma in integrative psychotherapy and has trained in MBSR through the University of Wales and MBCT through the Oxford Mindfulness Centre. She completed the IMS and Spirit Rock four-year insight meditation teacher training and is a regular teacher at IMS, Gaia House, and other retreat centers internationally. She is also a faculty member for the Bodhi College teacher training program.

**Yuka Nakamura** has practiced Buddhist meditation in different traditions since 1993. She has a PhD in Developmental Psychology, and is a certified MBSR teacher. Based in Switzerland, she was trained as a Buddhist meditation teacher by Fred von Allmen and teaches at Beatenberg (Switzerland), Gaia House (UK), Insight Meditation Society (Barre, MA), and other places. She is co-founder and teacher at the CFM Zentrum für Achtsamkeit in Zurich and faculty member for the Bodhi College teacher training program.

## Continuing Education



**Psychologists:** The Institute for Meditation and Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers **25** hours of credit.

**Social Workers:** This program offers **25** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work. Authorization Number D 80578.

**Nurses:** Nurses are welcome to pursue continuing education credit with IMS. As an approved provider through the APA and the NASW, many certifying and licensing nursing boards will accept the CEUs that IMS offers. We strongly recommend that you contact the board through which you are licensed or certified, to learn of your particular requirements. Specific questions can be directed to your state board. Please refer to the [ncsbn.org](http://ncsbn.org) website for more information.

### Registration

You may register online at [www.dharma.org](http://www.dharma.org). You may also call IMS to register: 978-355-4378.

**Fee:** IMS has a sliding-scale fee structure. The minimum fee for this course is \$550, the mid-fee is \$780, the sustaining fee is \$1,010, and the benefactor fee is \$1,750. A modest number of scholarships are available by application and will be awarded on a first-come, first-served basis.

Please note that IMS's sliding scale fee structure covers accommodations and meals only. As is customary here, the teachings are freely offered by the course faculty, who do not receive compensation. Instead, participants are invited to support the teachers via a donation at the end of the retreat.

**Location:** The entire course will be held at the Insight Meditation Society, 1230 Pleasant Street, Barre, MA 01005.