

## **Radical Compassion: The Courage to Love Ourselves and Our World**

Dates: March 27-29, 2020

Presenters: Tara Brach, Ph.D.

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA

### **Program**

The medicine most essential to our healing and freedom is compassion—caring for ourselves and all beings. While compassion arises naturally, the flowering of full, mature compassion—Radical Compassion—requires training.

Imagine who you would be if you truly held your inner life and others with a tender, awake heart. How would your life change? Radical compassion is our evolutionary capacity to include all living beings in our heart and to actively express our care. This potential manifests as we develop an embodied presence and deepen our attention in relating with each other.

In this program, you learn RAIN (recognize-allow-investigate-nurture), an applied meditation for cultivating mindfulness-based compassion. Through talks, guided meditations, and small-group reflection, discover how fostering radical compassion can

- Dissolve the armoring of blame and release limiting beliefs
- Heal unhealthy habits
- Connect you with your natural wisdom, creativity, and kindness.

On a global level, radical compassion frees us from unconscious bias and the pain of separation, allowing us to serve the healing of our society and our living earth.

### Target Audience

Target Audience: Introductory to intermediate levels of mental health professionals and other interested populations on this topic.

This training will help clinicians develop mindfulness and self-compassion toward their own patterns of reactivity in therapeutic settings as well as providing tools to their clients that serve emotional healing.

Learning techniques that cultivate mindfulness and compassion enhance all therapeutic skills learned during internships, and add to the practical tools that clinicians can provide to their patients.

There are many styles of meditation, and different techniques have varying efficacy, depending on the difficulties clients are facing. This presentation describes both the utility and the contra-indications of the various techniques and provides case examples of how to match meditation strategies appropriately with different patients.

The program will be valuable to both lay and professional populations and includes introductory to intermediate levels of instruction.

The program content goes beyond interventions supported by contemporary scholarship in the very vital domain of unconscious bias and the violence of dominance in our broader society. We explore the suffering of creating what I call “unreal others”, from an evolutionary, psychological and spiritual perspective, and how practices of mindfulness and compassion serve to evolve us to a recognition of interdependence. While there is initial research into mindfulness and the reduction of bias, this is still in a very early stage.

## **AGENDA:**

### **Friday, March 27, 2020**

5:30pm-7:00pm - Dinner

#### **7:30pm-9:00pm – Program Session (90 min. – no break)**

- Training introduction
- Practice – establishing intention, quieting mind, sensory awareness

*Learning Objectives:*

- *Define mindfulness*
- *Identify and describe the two wings of mindfulness*
- *Identify the four foundations of mindfulness.*
- *Practice basic skills of mindfulness meditation*

### **Saturday, March 28, 2020**

7:00am-8:30am – Breakfast

#### **8:30am-10:00am – Program Session (90 min.)**

- Present centered non-judgmental attention
- Cultivate concentration
- Develop resource states (love, self-compassion, relaxation, peace, etc.)
- Counter dissociation – cultivate sensory-based attention
- Current research – efficacy of mindfulness, self-compassion and therapeutic healing

*Learning Objectives:*

- *List strategies that help direct and stabilize attention*
- *Summarize the relationship between the Buddhist philosophy of suffering and ideas of attraction and aversion in Western psychology.*
- *Discuss the core causes of toxic shame and its effects individually and societally.*

Practice: Guided exercise in embodied presence - Sharing, questions.

- Role of concentration
- Objects of concentration (audio, kinesthetic, visual)
- --differential uses of objects
- Working definition of mindfulness
- Relationship between concentration and mindfulness
- Four foundations of mindfulness

*Learning Objectives:*

- *Identify key components of mindfulness meditation*
- *Apply an experiential understanding of sensory-based attention or embodied awareness*
- *Discuss the growing role of mindfulness in emotional healing work*

Practice: embodied awareness, body scan, mental noting; releasing the story; acceptance - “yes”

10:00am-10:15am – Break

**10:15am-11:30am – Program Session (75 min.)**

- Genesis of fear: existential, evolutionary, cultural perspectives; biological and psychological
- Pathways to self-compassion
- Comprehensive case review

*Learning Objectives:*

- *Identify core fears common to humans*
- *Describe the role of fear in human evolution*
- *Identify the relationship between fear, self-judgment, blame and separation in our society.*

Practice: RAIN (self-compassion) - individual, dyads

11:30am-1:30pm – Lunch

**1:30pm-3:00pm – Program Session (90 min.)**

- Moving from cognitions to felt sense
- Recognizing present centered sensory experience
- The function of blame and resentment as ego defense.

*Learning Objectives:*

- *Identify and define 4 steps in the acronym RAIN.*
- *Apply the 4 steps of RAIN to emotional difficulty or conflict.*
- *Describe present moment experience in the body.*
- *Discuss helpful strategies for shifting from cognition to “felt-sense” experience.*

3:00pm-3:15pm – Break

**3:15pm-4:15pm – Program Session (60 min.)**

- Research on forgiveness.
- The process of forgiving - recognizing stories, contacting vulnerability.
- Need for clinical support.
- Sequence of attentional strategies. Case study

*Learning Objectives:*

- *Explain the role of forgiveness and compassion in spiritual freedom and emotional healing.*
- *Differentiate empathy from compassion.*

5:30pm-7:00pm – Dinner

**7:30pm-9:00pm – Program Session (90 min. – no break)**

- Practice: RAIN of Forgiveness

- widening circles of compassion
- Research - Compassion
- Cultivating Compassion for self/other

*Learning Objectives:*

- *List the three dimensions of mature or radical compassion*
- *Describe how we create separation and “unreal other”*
- *Discuss how compassion brings healing to ourselves, our relationships, and our world.*

Practice: Awakening loving kindness and Compassion

- Review

**Sunday, March 29, 2020**

7:00am-8:30am – Breakfast

**9:00am-11:00am – Program Session (120 min – no break)**

- Looking into awareness – power of self-inquiry
- Continued practice and training

*Learning Objectives:*

- *Identify key questions to use in self-inquiry*
- *Discuss the role we each have in helping others to recognize their goodness*
- *List strategies for cultivating a daily, at-home meditation practice*

Practice: Seeing goodness (undoing negativity bias)

**Presenter(s) Bio**

Tara Brach, PhD is a clinical psychologist, internationally-known meditation teacher and author of the best-selling books *Radical Acceptance* and *True Refuge*. She is founder and senior teacher of the Insight Meditation Community of Washington DC, and teaches meditation workshops and retreats in the United States and Europe. Tara’s podcast addresses the value of meditation in relieving emotional suffering and serving spiritual awakening, and receives over one million downloads each month. In addition to her public teaching, Tara is active in bringing meditation into DC-area schools, prisons, and to underserved populations.

Learn more about this presenter’s work:

- [tarabrach.com](http://tarabrach.com)
- [imcw.org](http://imcw.org)
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**Program Costs and Registration**

Please visit [www.kripalu.org](http://www.kripalu.org)

**Cancellation Policy**

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

## **Conflict of Interest/Commercial Support**

Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

## **Grievance Policy**

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at [cec@kripalu.org](mailto:cec@kripalu.org) or 413.448.3127.

## **Certificate Issuance**

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

### **Psychology – 10.25 CE Hours**

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 10.25 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in or out each day will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

### **Social Work – 10.5 CE Credits**

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

### **Yoga Alliance – 10.5 CE Credits**

Continuing Education credits are granted in accordance with Yoga Alliance standards. See [yogaalliance.org](http://yogaalliance.org) for more information. All hours are contact hours.

*For additional CE information, please visit <https://kripalu.org/continuing-education-credits>*