

## **Radical Acceptance: Healing and Freeing our Hearts**

Dates: April 12-14, 2019

Presenters: Tara Brach

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

### **Program**

One of the deepest forms of suffering in contemporary society is the pain of believing that “something is wrong with me.” Feeling that we are continually falling short is like a toxic gas we breathe, making it difficult to be truly intimate with others or at home in our body, heart, and mind. Whether in the shape of chronic self-judgment, blaming others, depression, anxiety, or shame, feelings of deficiency prevent us from living and loving fully.

Radical acceptance arises as we cultivate mindfulness and self-compassion, and it reveals the sacred presence that shines through our own, and all beings. In this program that includes talks, guided meditations, exercises, and discussion, we learn to bring an unconditionally kind presence to the parts of our lives that are judged and unforgiven. We then explore how to cultivate the forgiveness and compassion that allows us to embrace others with an open and wise heart. Participants will enjoy periods of silence as well as the safety and support of interpersonal sharing.

This program’s learning goals address the use of meditative strategies in addressing difficult emotions, with a strong emphasis on those which arise in the interpersonal domain. For the social worker and psychologist, the practices will serve in multiple ways: It will enhance their capacity to regulate their own reactivity to the stress and trauma endured by clients (“burn out”). It will give them skills they can teach to clients in navigating conflict in interpersonal and group settings. It will increase their empathy in addressing circumstances experienced by diverse populations. It will alert them to trauma from violation and oppression experienced by both individuals and embedded in a macro societal level; and give them rudimentary tools in responding.

#### AGENDA:

#### **April 12, 2019**

5:30-7:00 pm - Dinner

7:30–9:00 pm – Training Session

##### Didactic:

General Introduction to the program

##### Practice

- establishing intention, quieting mind, sensory awareness.  
Small group and then large group discussion

#### **April 13, 2019**

7:00-8:30 am - Breakfast

8:30–11:30 am – Training session (includes 15-min break)

##### Didactic:

Understanding the cause of emotional suffering from the perspective of Buddhist Psychology

- Noble Truths
- Western psychology- attraction, aversion
- Preponderance of shame in western culture

The role of meditation in emotional and spiritual transformation

- Present centered non-judgmental attention
- Cultivate concentration
- Develop resource states (love, relaxation, peace, etc.)

- Counter dissociation – cultivate sensory based attention
- Current research - efficacy of mindfulness and therapeutic healing

Practice:

Guided exercise in embodied presence - Sharing, questions.

Didactic:

Basic principles and components of buddhist mindfulness meditation.

- 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

Practice:

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

- Discussion, question/answer

Didactic:

Transforming Shame and Fear/Understanding How These Emotions Proliferate

- Genesis of fear: existential, evolutionary, cultural perspectives; biological and psychological
- Introduce RAIN- recognizing, allowing, investigating, non-identification

- Comprehensive case review

Practice:

RAIN for self-compassion; individual, dyads

- Discussion, question, answer

11:30am – 1:00 pm - Lunch

1:30–4:15 pm – Training session (includes 15-min break)

Didactic:

- Moving from cognitions to felt sense

Practice:

- dyads - recognizing present centered sensory experience

Didactic:

Cultivating a Forgiving Heart

- The function of blame and resentment as ego defense.
- Research on forgiveness.
- The process of forgiving - recognizing stories, contacting vulnerability.
- Need for clinical support.
- Sequence of attentional strategies. Case study

Practice:

classical forgiveness practice

- Discussion, question, answer

5:30 pm – 7:00 pm - Dinner

7:30–9:00 pm – Training session

Didactic:

Exploring how the practices of mindfulness and compassion can heal intra-psychic as well as interpersonal conflicts

- widening circles of compassion

Practice:

Compassion Meditations

Review:

- practice, discussion, question and answer

## **April 14<sup>th</sup>, 2019**

7:00 – 8:30 am - Breakfast

9:00–11:00 am – Training session

### Didactic

The fruition of unconditional presence: releasing the stories of a small, deficient Self; and realizing and trusting our deepest nature

- Integration into daily life
- Recognizing our essential goodness
- Looking into awareness- power of self-inquiry
- Continued practice and training

### Practice:

Establishing intention, review all components.

- Discussion, question and answer, closing.

## **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)

## **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.

## **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.

## **Psychology – 10 CE Credits**

R. Cassidy Seminars (co-sponsored) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. 10 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed into each session, 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 for each session 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 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.

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