



HARVARD MEDICAL SCHOOL

DEPARTMENT OF CONTINUING EDUCATION

MEDITATION AND PSYCHOTHERAPY

Cultivating Compassion and Wisdom

with
HIS HOLINESS THE 14th DALAI LAMA, TENZIN GYATSO
MAY 1-2, 2009

BOSTON PARK PLAZA HOTEL

offered by
THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION

under the direction of
Christopher K. Germer Judy Reiner Platt Ronald D. Siegel

In the unique presence of His Holiness the Dalai Lama, this course will explore the importance of compassion and wisdom in psychotherapy and how meditation practices can be used to cultivate these qualities. His Holiness the Dalai Lama will give brief presentations on compassion and wisdom, and participate in three panel discussions. As a result of attending this course, participants will be able to: describe key aspects of the Buddhist psychological approach to wisdom and compassion that illuminate therapeutic change processes; practice meditative skills that can enhance wisdom and compassion in their patients and themselves; and identify neurological and behavioral changes associated with those skills. They will be able to summarize the role of wisdom and compassion in working with trauma, impulsive behavior, and parenting, and understand the potential of meditation for creating a more peaceful, compassionate world. This course is intended for health and mental health clinicians, researchers, educators, and others interested in the behavioral sciences.

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

FRIDAY - MAY 1, 2009 Moderator: Ronald D. Siegel

7:00 - 8:30 REGISTRATION AT THE BOSTON PARK PLAZA HOTEL

8:30 - 11:30 MORNING PROGRAM

Opening Remarks and Welcome	Jack D. Burke, Jr., Jeffrey S. Flier
On Compassion	His Holiness the Dalai Lama
Paths to Compassion.....	Richard J. Davidson, Christopher K. Germer, Judith V. Jordan, George E. Vaillant
Challenges to Compassion: Working with Trauma	Judith Lewis Herman, Robert J. Lifton, Maria Sauzier, Bessel van der Kolk

11:30 - 1:00 BREAK

1:00 - 5:00 AFTERNOON PROGRAM

On Wisdom	His Holiness the Dalai Lama
Discovering Wisdom	Elissa Ely, Jon Kabat-Zinn, Marsha M. Linehan, Steven Pinker
How Wisdom Feeds Compassion	Janet Gyatso
The Fragility of Compassion in Professionals	Robert J. Lifton
Becoming a Wise Clinician	George E. Vaillant
Discussion/Reflections	Elissa Ely, Judith Lewis Herman, Judith V. Jordan, Bessel van der Kolk

SATURDAY - MAY 2, 2009 Moderator: Christopher K. Germer

8:00 - 8:30 Pre-Conference Meditation led by Lama Surya Das

8:45 - 12:45 MORNING PROGRAM

A History of Compassion in the Lab and Clinic	Anne Harrington
Neuroscientific Studies of Meditation.....	Richard J. Davidson
Radical Compassion: Translating Zen into Psychotherapy	Marsha M. Linehan
Mindful Parenting: Cultivating Self-Awareness, Compassion, and Understanding	Jon Kabat-Zinn, Myla Kabat-Zinn

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM

Opening the Door to Compassion and Wisdom.....	Herbert Benson
Integrating Wisdom and Compassion in Everyday Life.....	Lama Surya Das
Using Compassion and Wisdom in Therapy: A Case Study ...	Stephanie P. Morgan
Discussion/Reflections.....	Paul R. Fulton, Kimberlyn Leary, Ronald D. Siegel, Janet Yassen

MEDITATION AND PSYCHOTHERAPY
Course # 292525

PLEASE do not make travel arrangements until you receive a **written** confirmation from Harvard Medical School. **Online credit card confirmation is not a guarantee of admission.** If the course is closed check the box if you are willing to attend via videoconference in an onsite ballroom.

May 1-2, 2009 **Physicians' Fee: \$475 (USD)**
All Others: \$395 (USD)
(Including Residents and Fellows with letter of verification)

(All Fields Required. Please Print Clearly)

Full Name _____
Last First Middle Initial

Mailing Address _____
Street City State Zip Code

Daytime Phone (_____) _____ Fax Number (_____) _____

E-Mail Address _____

Please check if you want to be **excluded** from receiving email notices of future Harvard Medical School Department of Continuing Education Programs. (circle one):

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

Check is enclosed: Please make your 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
 Credit card payment (Mastercard and Visa) is **only** accepted at www.cme.hms.harvard.edu/courses/meditation
 Credit cards cannot be accepted by fax or mail. No telephone registrations are accepted.

GENERAL INFORMATION

REGISTRATION:

Physicians - \$475 All Others - \$395 (including Residents and Fellows in Training with letter of verification)

All foreign payments must be made by a draft on a United States bank or by Visa or Mastercard. 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**. If paying by credit card, please register online at www.cme.hms.harvard.edu/courses/meditation Telephone, Fax, or mail-in registrations by credit cards 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 e-mail: hms-cme@hms.harvard.edu. Upon acceptance of registration, a confirmation letter will be mailed to the address listed on the form. You are not registered without receipt of that letter. **Program changes/substitutions may be made without notice.**

ONLINE INFORMATION:

To ensure proper registration, please add the first *three* letters of the source code found at the bottom of the registration form. To register or to view course information online, visit: www.cme.hms.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 AND ACCOMMODATIONS:

All sessions will be held at the **Boston Park Plaza Hotel**. **Hotel rooms in Boston are limited. You are urged to make your reservations early.** A block of rooms has been reserved at The Boston Park Plaza Hotel, 64 Arlington Street, Boston, MA 02116 (617) 426-2000 or (800) 225-2008 until **MARCH 31, 2009**. Please specify that you are enrolled in this course to receive a reduced room rate of \$199 (excluding taxes). A map of Boston listing local hotels will be sent with your confirmation of enrollment. For additional housing assistance, please call Boston Reservations at (617) 332-4199 or BostonReservations.com.

TRAVEL INFORMATION:

For information about reduced airfare, call the Harvard Medical School Department of Continuing Education at (617) 384-8600, Monday-Friday, 10 a.m. to 4 p.m. (EST).

CONTINUING EDUCATION:

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

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 the program and its content. This course offers 14 credits.

COUNSELORS/EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. It is the responsibility of the provider to abide by NBCC Continuing Education Guidelines. This program is approved for 14 contact hours and is applicable for Commonwealth of Massachusetts Counseling and Allied Mental Health Professionals and is approved for 14 Professional Development Points (PDPs) by the Department of Education.

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 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 are pending.

FACULTY

HIS HOLINESS THE 14th DALAI LAMA, TENZIN GYATSO, Head of the Tibetan government-in-exile; Spiritual leader of the Tibetan people and leader of Buddhism worldwide; Recipient of a multitude of honorary degrees, awards, and honors for work on peace, responsibility, compassion, and wisdom, including: Nobel Peace Prize and US Congressional Gold Medal; Author of numerous publications including: *The Universe in a Single Atom - The Convergence of Science and Spirituality; The Wisdom of Forgiveness; The Compassionate Life; Warm Heart Open Mind; Illuminating the Path to Enlightenment; How to Practice; Healing Anger*

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

JACK D. BURKE Jr., M.D., MPH, Chairman, Department of Psychiatry and Chief of Psychiatry Service, Cambridge Health Alliance; Professor of Psychiatry, Harvard Medical School; Contributing author: *Comprehensive Textbook of Psychiatry; American Psychiatric Textbook of Psychiatry; Elsevier's Encyclopedia of Neuroscience*

LAMA SURYA DAS, Founder and Director, Dzogchen Meditation Centers; Founder, Western Buddhist Teachers Network; Spiritual teacher and Buddhist leader; Board member of numerous charitable organizations; Columnist, beliefnet.com; Author: *Awakening the Buddha Within; Awakening the Buddhist Heart; Awakening to the Sacred; Letting Go of the Person You Used to Be*; and others

RICHARD J. DAVIDSON, Ph.D., William James and Vilas Research Professor of Psychology and Psychiatry, and Director, W. M. Keck Laboratory for Functional Brain Imaging and Behavior, and the Laboratory for Affective Neuroscience, University of Wisconsin, Madison; Recipient of numerous awards including: The Distinguished Scientific Contribution Award, American Psychological Association; National Institute of Mental Health Research Scientist Award; Membership, American Academy of Arts and Science; 100 most influential people in the world, *Time Magazine*; and Person of the Year, *Madison Magazine*; Author of over 250 publications including: *Training the Brain; Visions of Compassion; Anxiety, Depression and Emotion*

ELISSA ELY, M.D., Psychiatrist, Massachusetts Mental Health Center; Op-ed contributor: *The Boston Globe* and *The New York Times*

JEFFREY S. FLIER, M.D., Dean, Faculty of Medicine, Harvard University; Carolyn Shields Walker Professor of Medicine, Harvard Medical School; Member, Institute of Medicine; Fellow, American Academy of Arts and Sciences; Recipient of numerous awards including: Honorary Doctorate, University of Athens; Eli Lilly Award, and Albert Renold Award, American Diabetes Association; Author of over 200 publications

PAUL R. FULTON, Ed.D, Director of Mental Health, Tufts Health Plan; President, Founding Member, and Director of the Certificate Program, Institute for Meditation and Psychotherapy; Board of Directors, Barre Center for Buddhist Studies; Private practice, Newton; Co-editor: *Mindfulness and Psychotherapy*; Contributor to: *Mindfulness and the Therapeutic Relationship; Clinical Handbook of Mindfulness*

CHRISTOPHER K. 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*

JANET GYATSO, Ph.D., Hershey Professor of Buddhist Studies, Divinity School, Harvard University; Co-chair, Buddhism Section, American Academy of Religion; Former President, International Association of Tibetan Studies; Publications include: *Apparitions of the Self; In the Mirror of Memory; Women of Tibet; The Way of Humans in a Buddhist World* (in progress)

ANNE HARRINGTON, Ph.D., Chair and Professor, History of Science, Harvard University; Board Member, Mind and Life Institute; Publications include: *The Placebo Effect; Visions of Compassion; The Dalai Lama at MIT; Medicine, Mind and the Double Brain; Reenchanted Science; The Cure Within: A History of Mind-Body Medicine*

JUDITH LEWIS HERMAN, M.D., Director of Training, Victims of Violence Program, Department of Psychiatry, Cambridge Health Alliance; Clinical Professor of Psychiatry, Harvard Medical School; Recipient: Lifetime Achievement Award, International Society for Traumatic Stress Studies; Women in Science Award, American Medical Women's Association; and Distinguished Life Fellow, American Psychiatric Association; Author: *Father-Daughter Incest; Trauma and Recovery*

JUDITH V. JORDAN, Ph.D., Director, Jean Baker Miller Training Institute, Wellesley Centers for Women, Wellesley College; Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School; Recipient: Career Achievement Award for Outstanding Contributions to the Advancement of Psychology, Massachusetts Psychological Association; and Honorary Doctor of Humane Letters, New England College; Publications include: *Women's Growth in Connection: The Complexity of Connection; Women's Growth in Diversity; Relational-Cultural Therapy*; and *The Power of Connection* (both in press)

JON KABAT-ZINN, Ph.D., Founder and former Director, The Stress Reduction Clinic; Founding Executive Director, Center for Mindfulness in Medicine, Health Care and Society; and Professor of Medicine, *Emeritus*, University of Massachusetts Medical School; Board Member, Mind and Life Institute; Recipient: Integrative Medicine Award, Bravewell Pioneer; Mind and Brain Prize, Cognitive Science Center, University of Torino, Italy; Author of numerous books including: *Arriving at Your Own Door; Letting Everything Become Your Teacher; Coming to Our Senses; Full Catastrophe Living; Wherever You Go, There You Are*; Co-author: *Everyday Blessings: The Inner Work of Mindful Parenting; The Mindful Way Through Depression*

MYLA KABAT-ZINN, BSN, RN, International mindful parenting teacher, childbirth educator, birthing assistant, and environmental advocate; Co-author: *Everyday Blessings: The Inner Work of Mindful Parenting*

KIMBERLYN LEARY, Ph.D., Director of Psychology and Psychology Training, Cambridge Health Alliance; Faculty Affiliate, Program on Negotiation, Harvard Law School; Associate Professor of Psychology, Department of Psychiatry, Harvard Medical School; Faculty: Boston Psychoanalytic Society and Institute, and the Psychoanalytic Institute of New England; Contributor to: *Psychoanalytic Dialogues; Negotiation Journal*; and others

ROBERT J. LIFTON, M.D., Lecturer in Psychiatry, Harvard Medical School at Cambridge Health Alliance; Distinguished Professor *Emeritus* of Psychiatry and Psychology, The City University of New York; Recipient of many national and international awards and honorary degrees; Among his many books are: *Death in Life: Survivors of Hiroshima* (winner of a National Book Award); *The Nazi Doctors: Medical Killing and the Psychology of Genocide; Superpower Syndrome: America's Apocalyptic Confrontation with the World; Crimes of War: Iraq*

MARSHA M. LINEHAN, Ph.D., Director, Behavioral Research and Therapy Clinics, and Professor of Psychology, University of Washington, Seattle; Recipient of numerous awards including: Louis Dublin Award for Lifetime Achievement in the Field of Suicide, and Distinguished Scientist Award, American Psychological Association; Distinguished Contributions for Clinical Activities, Association of Behavioral and Cognitive Therapies; Past President: Society for Clinical Psychology, and Association of Behavioral and Cognitive Therapies; Author: *Cognitive-Behavioral Treatment for Borderline Personality Disorder; Skills Training Manual for Treating Borderline Personality; Dialectical Behavior Therapy for Suicidal Adolescents*

STEPHANIE P. MORGAN, MSW, Psy.D., Faculty, Institute for Meditation and Psychotherapy; Private practice, Manchester; Contributing author: *Mindfulness and Psychotherapy*

STEVEN PINKER, Ph.D., Harvard College Professor, and Johnstone Family Professor of Psychology, Harvard University; Recipient of numerous awards and honorary degrees including: World's Top 100 Public Intellectuals, *Prospect and Foreign Policy*; Humanist of the Year, American Humanist Association; Harvard 100 Most Influential Alumni, *02138 Magazine*; Henry Dale Prize, The Royal Institution of Great Britain; Troland Research Award, National Academy of Sciences; Author: *The Language Instinct* (NY Times Top Ten Books of the Year); *How the Mind Works* (finalist, Pulitzer Prize in nonfiction and Ten Best Books of the Decade/100 Best Books of the Century, Amazon.com); *The Blank Slate* (William James Book Prize, American Psychological Association); *The Stuff of Thought*; and others

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

MARIA SAUZIER, M.D., Child psychiatrist, consultant, supervisor, and teacher, Cambridge Health Alliance; Assistant Clinical Professor of 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*

GEORGE E. VAILLANT, M.D., Senior Psychiatrist, Brigham and Women's Hospital; Co-director, Study of Adult Development, Harvard University Health Service; Professor of Psychiatry, Harvard Medical School; Recipient of numerous awards including: Distinguished Service Award, and Foundation Fund Prize for Research, American Psychiatric Association; The Jellinek Prize, and the Research Prize, International Psychogeriatric Society; Publications include: *Spiritual Evolution: How We Are Wired for Faith, Hope and Love; Aging Well; Adaptation to Life; The Wisdom of The Ego; The Natural History of Alcoholism, Revisited*

BESSEL VAN DER KOLK, M.D., Medical Director, The Trauma Center, Brookline; Professor of Psychiatry, Boston University School of Medicine; Director, National Traumatic Stress Network Boston Community Program; Past President, International Society for Traumatic Stress Studies; Recipient of grants from: National Institute of Health; Center for Disease Control; and private foundations; Author of over 100 peer reviewed articles on the impact of trauma and its sequelae

JANET YASSEN, LICSW, Crisis Services Coordinator, Victims of Violence Program, Cambridge Health Alliance; Co-founder, Boston Area Rape Crisis Center; Private practice, Newton; Contributing author: *Emergencies in Mental Health Practice; Compassion Fatigue*