

2018 Continuing Education for Mental Health & Healthcare Professionals

Workshop Presenter: Sally Bowden-Schaible, MS, LCPC, CCMHC

2018 Workshop Descriptions:

January: Transforming Words: entering into “The Peace of Wild Things”*

“... I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.”

from * The Peace of Wild Things, Wendell Berry

Caregiving is a universal activity with emotional, physical and spiritual effects experienced by those offering the care and those who are the recipients. Nature is, for many, a place of solace and healing—we are, after all, a part of nature. This workshop addresses these two universals: the activity of caregiving and our being a part of nature.

As caregivers, we know how the mind-body-spirit can become deeply weary when tending to the lives of those needing our listening ears, our able mind and body, and our loving heart. For many of us, caring for others often takes precedence over caring for ourselves. And, we may push aside the warning signals of wearing out until they can no longer be ignored: we become irritable and resentful, get sick, lose connection with friends and loved ones, and feel so miserable and alone that our ability to do what it is we truly want to do—care for others—is unsustainable, no longer what we can or even want to be doing.

In this workshop, we will explore one way—the reading of poetry—to preempt such “soul-fatigue”. While spending time in nature— walking in the woods, sitting in the sun, swimming in a lake—is a source of nourishment and renewal for many people, it may not always be feasible to go to a beautiful and restful place in nature. At such times, engaging the senses and the imagination through the reading of a poem can provide a meditative respite.

The poems selected for this workshop bring the natural world to us when we are unable to go to it. We will read poems out loud, experiencing the power of words to nourish and replenish. You will leave with a number of sources for poems and with an understanding of the transformative power of poetry. (If you would like, please bring one or two poems that you have used in your counseling/caregiving practice or that you think would be appropriate.)

The focus of the workshop is on reading already written and published poetry, rather than writing poetry as a creative and/or therapeutic expression; and, it is not about reading poetry as an evocative therapeutic intervention, but using it as a meditative means for slowing us down, bringing attention into the here and now through engaging our senses, and connecting us with the renewing aspects of nature—

OBJECTIVES:

1. Participant will experience the renewing and nourishing elements of the natural world through the reading of poetry that engages the senses and the imagination;
2. Participant will identify poems and resources for accessing poetry that can be integrated into a sustainable plan of self-care for oneself and that can be used when assisting clients/patients in developing their self-care plan.

February: Buddhist Ethics, Counseling Ethics: comparative & complementary practices

(possible 4 hours of ethics for re-licensure*)

A common thread running through the wisdom traditions of the world is the entreaty to “do no harm”. A unique aspect of Buddhism, one of these wisdom traditions, however, is the specificity and detail of the guidance offered for living life in ways to minimize harm done—to others, including all sentient beings, and to oneself. At the center of Buddhist psychology and philosophy is “*sila*”, the Pali word for *ethical/moral practice, morality or virtue*. *Sila* is one of the aggregates (categories) of the Eightfold Path (the other two—the concentration aggregate and the wisdom aggregate), the practice of which can significantly lessen harm done and the suffering that results from unskillful, inappropriate actions of thought, speech, and action, including the ways we use our time.

Buddhism has been described as a religion, as a philosophy, as an ethics, and as a psychology. In this workshop we will consider how Buddhist teachings as an ethics complement the ethical guidelines of our mental health and healthcare professions. Please bring a copy of your profession’s code of ethics, and I will provide relevant Buddhist texts, commentaries, and resource information. Also, bring a counseling practice situation you might like to discuss. We will spend our time together examining ways Buddhist teachings may (or may not) be relevant to our mental health and healthcare professional practice.

***Please note:** *While I believe the workshop is appropriate and relevant, I cannot guarantee its acceptance for the 4 hours of ethics required by your professional board for re-licensure.*

OBJECTIVES:

1. Participant will reflect on the meaning of “do no harm” as related to our role as mental health/healthcare professionals.
2. Participant will identify ways that the ethical guidelines provided in Buddhist teachings can complement the ethical standards of professional counseling/healthcare practice.
3. Participant will discuss a professional ethical dilemma from both of these perspectives: one’s professional code of ethics and ethical practices as described in Buddhist teachings.
4. Participant will explore if, when, and how it is appropriate to utilize Buddhist ethics in one’s professional practice.

March: Being with Suffering: on loss & change

As mental health and healthcare professionals we face the pain and suffering of loss every day—our client’s/patient’s pain and suffering, as well as our own. People who walk into our offices are struggling to understand and cope with some kind of loss—from a child getting onto the school bus for the first time to the dying & death of a beloved parent. Looking carefully, deeply enough we can see the interdependent relationship between loss and change. One doesn't occur without the other: with change, even positive change, there is a kind of loss; with loss there is, of course, change. And, our understanding of these inevitabilities and how we respond to them, with an awareness of their interconnectedness, greatly affect the experience and quality of our lives.

In this workshop we will investigate, from a Buddhist perspective, ways of being with the inevitable pain of being fully human while also investigating ways of responding to the experience of pain that help or hinder the quality of our lives. Core Buddhist teachings will be presented in ways that can complement our psychotherapeutic/counseling approaches when counseling clients, providing us with a deeper understanding of “suffering” and the roots of suffering.

We will read relevant Buddhist texts, participate in discussion, sit in meditation, and reflect individually and as a group on what we have learned from the workshop experience.

OBJECTIVES:

1. Participant will explore the relationship between change and loss using core Buddhist teachings and mindfulness meditation as a way to facilitate deeper understanding of this relationship.
2. Participant will reflect on how core Buddhist teachings and mindfulness meditation can complement western psychological theories and models when counseling clients/patients as they deal with the inevitable, but challenging realities of change and loss, including dying and death.
3. Participant will experience through mindfulness meditation the subtleties of dynamic, moment-to-moment change and loss.
4. Participant will practice responding to subtle change and loss in ways that, with continued practice, can improve the overall quality of one's day-to-day life, even when faced with significant change and loss such as dying and death.
5. Participant will identify cautions and considerations related to recommending mindfulness meditation practice to clients/patients.
6. Participant will take away resource information helpful for daily practice: reading references related to core Buddhist teachings, website locations, "app" resources, etc.

April: Living a "Successful" Life: the language of compassion & compassionate action in healing relationships

Growing up in Western society, we have been conditioned to believe that independence, competition and hard work are the factors that lead to a "successful" and, therefore, "happy" life, and if we are not successful and happy it is because we and/or someone else and/or some circumstance is at fault. The ensuing judging and blaming often undermine healthy relationships, whether towards others or towards oneself. While we can certainly think of individuals who appear to have achieved success and happiness "the American way," how many others have we met for whom this has not been the case? Verbal and non-verbal messages we regularly receive (and give) reflect, often unconsciously, the core attitudes and values of the rugged and fiercely competing individualism of our culture. Indeed, one does not need to experience violence and abuse and extraordinary stress to feel debilitating fear, shame and insecurity— the all-too-frequent emotional by-products of messages of expectation, comparison and judgment we receive daily. As counselors, educators and healthcare providers we all too often see the harmful effects of this approach to life.

In this workshop we will explore how such messages detrimentally affect the quality of our lives: the ways we relate (thought, speech and action) to ourselves and to others; our ability to be fully present in our lives; and our ability to live life fully, including living our full potential. We will explore how mindfulness practices — bringing what is unconscious into consciousness—are true mindfulness practices only when integrated with qualities such as kindness and compassion. We will look specifically at the cultivation of compassion, beginning with the language of compassion (alongside mindfulness), as a vehicle for healing. And, we will see that through such healing, one does not need to compete and "succeed" in the Western, American way to be happy and content with life.

OBJECTIVES:

1. Participant will identify ways in which thoughts, speech and actions (what is said or done consciously or unconsciously-- such as in the memes and subliminal messages of the various cultures we are part of)— affect our perception of what a successful life is;
2. Participant will take away a deeper, more nuanced understanding of the meaning of "success" and its relationship to a "happy" or satisfying life, perhaps challenging long-held values and attitudes we bring to our work with clients and that we bring into the ways we relate to ourselves and to others;
3. Participant will experience how mindfulness practices integrated with compassionate action can contribute to health and well-being as individuals, in relationships with others, and in the greater society as a whole.

May: Mindfulness in Nature: healing practices for the mind-body

PLEASE NOTE: This workshop will only be offered through the Luna Cottage location in the Penobscot Bay Region.

If you are from outside easy driving distance and would like to participate, I will provide you with resources for possible overnight accommodations.

As an experiential, mindfulness-in-action workshop, we will spend our morning together hiking Great Pond Mountain in Orland, ME. At the top of the mountain we will participate in a mindfulness movement practice (offered by Francis McCabe) and, before our descent, we will mindfully eat our lunch (BYO) together. Our time will involve extended periods of silence, with the occasional guided meditation offered to provide a framework for opening our senses to what is in and around us. The intent of this experiential workshop is to ‘see for oneself’ the healing and restorative effects of being in nature *as part of nature*—to experience our interdependence with rather than our separateness from, or control over, the natural world. Time will be given for written reflection and, at the end of the workshop, we will take time for group reflection.

OBJECTIVES:

1. Participant will experience mindfulness practices involving activity and movement and being with others for extended periods of silence.
2. Participant will practice observing with mindfulness one’s mind-body as part of the natural world and as it relates to the various mental, physical and material conditions (including challenges) encountered on the hike.
3. Participant will identify benefits of such experiences to mind-body health and well-being.
4. Participant will apply insights gained from the workshop experience in the development of a sustainable self-care plan for oneself.
5. Participant will gain insights from the workshop experience applicable when counseling clients/patients in their efforts to create a sustainable self-care plan as part of their mental health treatment plan.

PLEASE NOTE: The hike up Great Pond Mountain is approximately one mile. Depending on your physical condition, the hike may be mildly, somewhat, moderately, or significantly challenging. If you do participate, you will be encouraged to hike at your own pace and to do so at your own risk.

For more information, contact Sally at (207) 939-3254 or by email at lsallybs@gmail.com
or go to: <http://www.livingwellcenter.info>

PLEASE NOTE:

**As of December 31, 2017 I will no longer be receiving email sent to
sb-s@myfairpoint.net**

REGISTRATION

Continuing Education for Mental Health & Healthcare Professionals Beginning January 2018

Five 4-hour CE workshops*

informed by Buddhist psychology & mindfulness practices

Workshop Presenter: Sally Bowden-Schaible, MS, LCPC, CCMHC

THE 2018 WORKSHOPS WILL BE OFFERED IN TWO LOCATIONS

SPACE IS LIMITED IN BOTH LOCATIONS!

TO RESERVE YOUR SPACE, PLEASE REGISTER EARLY.

Please check the workshop(s) for which you are registering.

LivingWell, 836 Main St. Westbrook, ME

Wednesdays, 9:00 AM – 1:00 PM

- January 10, 2018 / **Transforming Words**
- February 14, 2018 / **Buddhist Ethics, Counseling Ethics**
- March 28, 2018 / **Being with Suffering**
- April 18, 2018 / **Living a “Successful” Life**
- May 11, 2018 / **Mindfulness in Nature**
(**Luna Cottage, Verona Island location only—**
The actual workshop will be located at Great Pond Mountain,
Orland.)

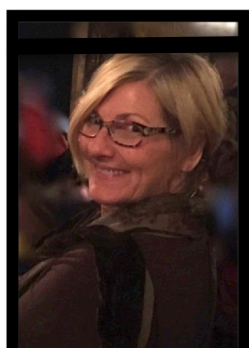
Luna Cottage, Verona Park, Verona Island, ME

Fridays, 9:00 AM-1:00 PM

- January 5, 2018 / **Transforming Words**
- February 2, 2018 / **Buddhist Ethics, Counseling Ethics**
- March 23, 2018 / **Being with Suffering**
- April 6, 2018 / **Living a “Successful” Life**
- May 11, 2018 / **Mindfulness in Nature**
(alternate date, depending on weather conditions,
6/15/18)

If weather is such that a class is cancelled, a make-up session will be offered.

* **DISCLAIMER:** I am no longer offering workshops under the National Board for Certified Counselors (NBCC) “Approved Continuing Education Provider” designation. **If you require guaranteed CE approval, please check ahead of time with your professional licensing board.**



ABOUT THE WORKSHOP PRESENTER: *Sally Bowden-Schaible* is a psychotherapist in private practice in Westbrook, ME and is founder of **LivingWell**, a center for cultivating mind-body health and spiritual growth through practices of mindful awareness, creative expression, and integrated care. She is a Licensed Clinical Professional Counselor (LCPC) with 30 years of counseling experience, is nationally certified as a Clinical Mental Health Counselor (CCMHC) and is certified as an Approved Consultant in Clinical Hypnosis by the American Society of Clinical Hypnosis (ASCH). She provides individual and group (a contemplative model) clinical supervision/consultation to mental health professionals, and she taught for many years with Reid Stevens in the Counselor Education program at the University of Southern Maine (*Religion and Spirituality in Counseling* and *Mind/Body in Counseling*). In the Social Work department of the University of New England (UNE), she taught *Mindfulness and Meditation in Social Work*. She has provided numerous workshops on Buddhist psychology, on mindfulness and meditation in the mental health profession, and on the use of poetry in counseling. She is founder and Dhamma leader of the Insight Community of Southern Maine. **FMI:** www.livingwellcenter.info

MAIL completed registration (front & back) and credit card authorization to:
 Sally Bowden-Schaible / 836 Main Street, Westbrook, Maine 04092
 Tel. 207-939-3254 / isallybs@gmail.com

Checks payable to Sally Bowden-Schaible or CREDIT CARD (see CC authorization form below)

Cost for all five of the workshops (20 hours of continuing education):

- EARLY REGISTRATION: \$425 if registration is received by December 23, 2017
- REGULAR REGISTRATION: \$475 if registration is received after December 23, 2017

Cost for individual workshops:

- \$100 for each separate 4-hour workshop (Registration is due 10 days prior to the workshop date, but space is limited and will be given first come, first serve. If you want to attend, please register early!)

LOCATION preferred: LivingWell, Westbrook _____ Luna Cottage, Verona Island _____

NAME: _____

PROFESSIONAL AFFILIATION: _____

ADDRESS: _____

EMAIL ADDRESS: _____

BEST TELEPHONE # IF I NEEDED TO REACH YOU: _____

MAY I TEXT YOU? Yes / No TEXT CONTACT ADDRESS or # _____

AMOUNT ENCLOSED: Early Registration for 5 workshops \$425
 Regular registration for 5 workshops \$475
 Individual workshops @ \$100 per workshop \$ _____

Signature _____

Printed name _____

- * Refunds will be provided in the event:
1. there are an insufficient number of registrants;
 2. you cancel participation in the program up to (but no later than) a week before it begins- (Minus \$15 adm fee)
 3. you experience unforeseen emergencies: personal or immediate family member illness, injury, or death prohibiting participation in the full program.

Credit Card Authorization Form

Please complete all fields. You may cancel this authorization at any time by contacting us. This authorization will remain in effect until cancelled.

| Credit Card Information | | | |
|---|--------------------------------------|-------------------------------|---|
| Card Type: | <input type="checkbox"/> MasterCard | <input type="checkbox"/> VISA | <input type="checkbox"/> Discover <input type="checkbox"/> AMEX |
| | <input type="checkbox"/> Other _____ | | |
| Cardholder Name (as shown on card): _____ | | | |
| Card Number: _____ | | | |
| Expiration Date (mm/yy): _____ | | | |
| Cardholder ZIP Code (from credit card billing address): _____ | | | |

I, _____, authorize _____ to charge my credit card above for agreed upon purchases. I understand that my information will be saved to file for future transactions on my account.

Customer Signature _____

Date _____