



For more info: E-mail  
[sbs@livingwellcenter.info](mailto:sbs@livingwellcenter.info)  
or call 207.856.0090

### Morning schedule:

- 8:30-8:45 **Arrival, orientation, and overview of day's schedule**
- 8:45- 9:45 **The basics of Buddhist psychology – an overview:**
- The Buddhist perspective on the cause of suffering (dukkha) and how it can be alleviated: the Four Noble Truths, the Noble Eightfold Path; the nature of reality: impermanence, not-self
- 9:45-10:00 **Morning break**
- 10:00-11:00 **A model for understanding the nature of mind:**
- The interdependent arising of perception, feeling tone, and intention in relation to moments of sensory "contact", and the dynamic unfolding of experiencing
- A model for understanding the nature of relationships:**
- Emergence --- the dynamic unfolding of experience in relation to ourselves and others and with the world
- 11:00-11:30 **Meditation practices in Buddhism**
- Types of meditation practices
  - Effects of meditation practices on mind/body systems
- 11:30-11:45 **Discussion**
- 11:45-12:00 **Guided meditation**
- 12:00-1:00 **Lunch (on your own)**

### Afternoon schedule:

- 1:00-1:45 **Counseling applications of meditation and mindfulness practices:**
- Indications/contraindications & other considerations
  - Meditation, hypnosis, dissociation: similarities and dissimilarities
- 1:45- 2:15 **Relevance of Buddhist Psychology in counseling practice:**
- Break-out session
- 2:15-2:30 **Mindfulness in action** --- afternoon break in silence
- 2:30-3:00 **Mindfulness-based counseling practices**
- 3:00-3:45 **"Therapist, know thy 'selfing'..":**
- Mindfulness in the counseling relationship
  - Break-out session
- 3:45-4:00 **Discussion, resources, and wrap-up**

### Workshop description:

**Background:** Over 2500 years ago in ancient India, Siddhattha Gotama – the Buddha or "Awakened One" – discovered, through a rigorous process of discipline and reflection, the nature of human suffering and the path by which one can be liberated from suffering. After his "awakening", the Buddha dedicated the rest of his life teaching what he had learned, encouraging those who heard his teachings to find out for themselves the truth of what he was saying. Thus, the Buddhist path unfolded as an integrated path comprised of the development of insight/understanding through Dhamma (teachings) and through the practice of meditation, experiencing first-hand the truth of the teachings. Over the centuries, Buddhism moved across India and the continent of Asia including China, Tibet, and Japan, and, in the 19<sup>th</sup> and 20<sup>th</sup> centuries, the West --- North America and Europe, being integrated into the respective cultures and traditions. Buddhism has been described as a religion, as a philosophy, and as a psychology.

**Goals and objectives:** In this workshop, Buddhism as a psychology, i.e., a study of "mind", will be presented, and its relevance as a complementary psychological theory and practice to contemporary counseling practices will be explored. Also presented will be mindfulness-based counseling approaches and programs that have emerged in the West; styles of meditation practices (including indications and contraindications); and a review of the research being conducted related to the effects of mindfulness practices on physiological systems (neurological, cardiovascular, immunological). The intention of this workshop is to introduce mental health practitioners to an area of psychological study that although first described in ancient times is still relevant today, offering a perspective that can be deeply beneficial and rewarding to clients and practitioners alike.

**Sally Bowden-Schaible, LCPC, CCMHC,** founder and coordinator of



LivingWell in Westbrook, Maine, has over 20 years of experience in the mental health field and for many years has been a psychotherapist in private practice. Since 1996, she has studied Nikaya and Theravada Buddhism at the Barre Center for Buddhist Studies in Barre, MA. And, as a psychotherapist and student/practitioner of Buddhism, she incorporates Buddhist psychological theory and mindfulness-based strategies into her psychotherapy practice. She facilitates a weekly Tuesday evening meditation, a monthly Saturday meditation, and a monthly

Buddhist study program offered through the *Insight Community of Southern Maine* ([www.insightcommunityofsouthernmaine.org](http://www.insightcommunityofsouthernmaine.org)) located at LivingWell.

She is also an adjunct faculty member in the Counselor Education Department of the University of Southern Maine, co-teaching with Reid Stevens, PhD (*Mind-body Techniques in Counseling*, and *Religion and Spirituality in Counseling*.) For more information about Sally and LivingWell, please go to [www.livingwellcenter.info](http://www.livingwellcenter.info)

**Workshop registration:**

Name and credentials (please print)

Profession and affiliation

Address

Tel.#'s:            Work                            Home                            Cell

Email Address (for workshop confirmation)



**LivingWell**

836 Main Street  
Westbrook, ME 04092

www.livingwellcenter.info

***A workshop for mental health counselors, marriage and family counselors, pastoral counselors, social workers, substance abuse counselors, psychiatric nurses, psychologists, and psychiatrists***

***An Introduction to Buddhist Psychology  
& Its Application to Counseling Practice***

***Presenter: Sally Bowden-Schaible, LCPC, CCMHC***

**Friday, January 28, 2011**

**8:30 – 4:00**

**\* The National Board for Certified Counselors (NBCC) has approved .6 continuing education units (CEU's) for this program (6 contact hours).**

**\*LivingWell/Sally Bowden-Schaible, LCPC, CCMHC is an Approved Continuing Education Provider through the NBCC.**

***"The insights of Buddhist psychology are profound, and of immense potential benefit to every modern mental health professional. Sally understands this well and does a good job introducing her peers to these important ideas. If you want to gain access to a deep understanding of human nature, you should take this course."***

**Andrew Olendzki, PhD --- Pali Scholar and Executive Director of the Barre Center for Buddhist Studies**

***Please register early since space is limited.***

**Cost of workshop when registering:**

***before 01/19/11: \$95 \_\_\_\_\_***

***or after 01/19/11: \$105 \_\_\_\_\_***

***for CEU's\* (optional) + \_\$20\_***

**15% discount for students  
& conditionally licensed  
mental health professionals**

**Total amount: \_\_\_\_\_**

Please send the completed registration form and a check or money order (payable to **Sally Bowden-Schaible**)

to: **LivingWell**  
attn: SBS  
836 Main Street  
Westbrook, ME 04092

Registrants cancelling up to 48 hours prior to the workshop will be reimbursed the full workshop fee minus \$15 for administration costs.