

Module 3: Mindfulness and its Four Foundations in Therapy

Saturday 27th and Sunday 28th of August 2022

Presenter: Malcolm Huxter

SATURDAY 27/8/22

8:30-8:45	Director of Training, (DOT) Welcome Address, acknowledgement of country, silent meditation and Introduction to seminar leader.
8:45 – 9:15	Group Check In-with DOT
9:15 – 10:40	<ul style="list-style-type: none">• What is mindfulness?• Experiential exercise• Reflect how can I use this in therapy• What is the framework? PowerPoint presentation of the 8 fold path as therapy.• Overview of mindfulness of body. 25 minutes• Experiential-mindfulness of breath as a serenity practice.• Questions /comments
10:40 – 11:00	Morning tea break
11:00 – 12:30	Second session: <ul style="list-style-type: none">• Reflections of cycles• Presentation: overview of 2nd and 3rd foundation of mindfulness.• Experiential: Urge surfing exercise.• Silent meditation asking self what is happening now...
12:30 – 1:30	LUNCH
1:30 – 1:50	<ul style="list-style-type: none">• Relaxation, supine.
1:50 – 2:50	Third session: <ul style="list-style-type: none">• Interactive exercise. What is the nature of thinking. Three questions for enquiry.• Some discussion about mental proliferation• Experiential. Mindfulness of thought using meditation exercise from program or settling the mind in its natural state.• Large group discussion: how could mindfulness of thinking be used in therapy?
2:50-3:10	Afternoon tea break
3:10 – 3:30	Words from the Director of Training
3:30 – 4:45	Fourth Session: Questions, discussion, how to use the ideas and practices from the day in therapy. How to use with specific presentations. Open discussion.
4:45 – 5:00	Final Group Reflection for the day and closing comments

SUNDAY-28/8/22

8:30-8:45	Meditation – silent meditation with initial guidance
8:45-9:00	Review of previous day.
9:00 – 10:30	Fifth session: <ul style="list-style-type: none"> • Presentation: balancing emotions-more on the 2nd and 3rd foundation of mindfulness. What is an emotion? How to cope with painful emotions. • HEAL as an example of memory reconsolidation, a way of using serenity meditation with mindfulness. Recollecting peace as an emotion. Then bring to mind a mildly distressing situation. Hold them together. • Meditation: preceded by recollection of meaningful experience, followed by guidance through and exercise in program called cultivation of the heart mind. • Movement as the body feels it needs.
10:30 – 11:00	Morning tea break
11:00 – 12:30	Sixth session: <ul style="list-style-type: none"> • Reflection: what blocks and what facilitates • Presentation of the five hindrances and the seven factors of awakening as central in two subdomains of the 4th foundation. • Guided meditation based on working with the hindrances and nourishing the factors of awakening. • Solitary reflections then pairs (Insight dialogue) taking turns to explore: What resistance and difficulties have been encountered over the weekend? What has been helpful to facilitate understanding, peace and contentment? Can the helpful counteract the unhelpful?
12:30 – 1:30	LUNCH
1.30-3:00	Group supervision
3.00-3.30	Yoga
3:30 – 3:50	Afternoon tea break and filling in feedback sheet
3:50 – 4:00	Insight dialogue in pairs (listening -recapping highlights/learning for each person for the weekend module)
4:00 – 4:35	Final Check Out
4:35 – 4:45	Closing blessings by seminar leader and closing comments by Director of Training