

Module 4: The Boundless Heart - The Four Immeasurables

Saturday 3rd & Sunday 4th of December 2022

Presenter: Subhana Barzaghi

SATURDAY 3rd of December

8:30-8:45AM	Director of Training Welcome Address, acknowledgement of country, brief meditation and Introduction of seminar leader.
8:45 – 9:30	Group Check In facilitated by DoT
9.30 – 9:50	Introduction: The 4 Immeasurables Presentation: Loving-kindness
9.50 –10.05	Guided meditation: Loving-kindness towards oneself
10.05- 10.35	Continuation of presentation on Loving-kindness
10:35- 11:00	Morning tea break (25 mins)
11:00–11:30	Experiential Exercise: Loving-presence
11:30–12:15	Presentation: Compassion
12.15- 12.30	Guided meditation: Compassion
12:30 – 1:30	LUNCH (60mins)
1:30 – 2.30	Experiential exercise: Self-compassion Experiential exercise/s: Compassion
	Movement and stretching
2.30 – 3.15	Discussion – Pitfalls of compassion Early warning signals of burn-out. Learning to care for oneself
3.15 – 3.40	Afternoon tea break (25 mins)
3:40 – 4.30	Clinical applications for loving presence and compassion Discussion
4:30 – 4.50	Guided meditation - Love & Compassion
4.50 – 5:00	Closing comments from Director of Training

SUNDAY 4th December

8:30 AM	Guided Meditation: Taking in the Good
8:50 – 9.30	Presentation: Altruistic/ Empathetic Joy
9.30 – 10.05	Experiential Exercise: noticing the barriers to empathetic joy
10:05–10:30	Meditation: Nourishing the seeds of joy
10:3 –11:00	Morning tea break (30 mins)
11:00–12:30	Presentation: Equanimity Meditation – Equanimity, Spacious awareness Experiential Exercise/s on cultivating Equanimity Clinical implications for therapist
12:30 – 1:30	LUNCH (60 mins)
1:30 – 1.55	Discussion – Clinical applications of Joy & Equanimity for clients and the therapeutic relationship
2:00 – 3:30	Clinical Supervision groups (1.5 hrs)
3:30 – 3.50	Afternoon tea break (20mins)and Student Feedback
3.50 – 4.30	Milling exercise - Embodiment of 4 Immeasurables Plenary discussion & feedback
4.30 – 5.00	Group Check out Closing comments from seminar leader then closing comments from DOT