

Module 8: Addiction and Buddhism and Psychotherapy

Saturday 7th and Sunday 8th of October 2023

Presenter: Melinda Lake

With Bhante Sujato & Sam Jerga

SATURDAY 7th October

8.30 - 8.45	Director of Training (DOT) Welcome Address, acknowledgement of country, and introduction to seminar leader.
8.45 - 9.20	Group Check In-DoT: How has it been going since we last met? (2 mins each max.)
9.20 - 9.35	Guided meditation
9.35 - 10.15	Introduction, Definitions and Assessments
10.15 - 10.30	Morning tea break
10.30 - 11am	Addictive Process
11am - 12.30	Connection exercise - Wanting
12.30 - 1.30	LUNCH
1.30 - 3.00	Myth of Self
3.00 - 3.20	Afternoon tea break
3.20 - 4.45	Discussion and questions
4.45 - 5.00	Final Group Reflection

SUNDAY 8th October

8.30 - 9.00	Welcome Back Guided Meditation
9.00 - 9.20	Overnight Reflections Group Discussion
9.20 - 10.15	Bhante and Sam's presentation
10.15 - 10.30	Morning tea break
10.30 - 11.30	Bhante & Sam's presentation
11.30-1.00	Group Q&A (Bhante, Sam and Mel)
1.00 - 2.00	LUNCH
2.00 - 2.15	Thank you from Mel
2.15 - 3.45	Group supervision
3.45 - 4.00	Afternoon tea break
4.00 - 4.20	Afternoon Meditation Practice
4.20 - 4.50	Check out
4.50 - 5.00	Closing blessings by trainer and closing comments by DOT