



MIND & HEART: A MINDFUL PATH TO WHOLEHEARTED LIVING

October 12-14, 2018 | 16.0 Continuing Education Credits or NBCC Clock Hours Available

This workshop for professionals is a 3-day intensive for individuals who want to further their own healing and for those who assist others in the healing journey. This workshop acknowledges that many people have encountered difficult situations as children and as adults: trauma, abuse, neglect, break-ups, betrayal, disappointment, failures, illness, loss, and grief. Yet, humans are resilient creatures - they generally find ways to survive. However, surviving isn't the same as thriving! Indeed, many times the very adaptations that helped people to survive get in the way of really living life wholeheartedly.

For example, addictive behaviors may have numbed the pain at one time, but now the addiction has become a ball-and-chain. Perfectionism and people-pleasing once helped to avoid disapproval, but now a true sense of self is crumbling under the weight of others' expectations. Avoidance and anger may have been employed to keep potentially unsafe people at a distance, but now these individuals are drowning in their loneliness. In other words, the methods that were used to get through difficult times in the past can keep people stuck - disconnected from the beauty of their present-moment life.

Frequently, these self-limiting patterns of thinking, feeling, and behaving are most apparent, and most problematic, in close relationships. Utilizing attachment theory as a guide, workshop participants can discover how these patterns were set-up in relationships with family and romantic partners. Gaining clarity about patterns of attachment avoidance (i.e., love avoidance) and attachment preoccupation (i.e., love addiction) empowers participants to let go of old survival mechanisms that are no longer serving their purpose and establish healthier ways of relating to themselves and others.

While it is true that people can't change the past, they can change their perception of it and their relationship to it... and that can change everything! The Mind & Heart workshop is designed to help in this process of growth and genuine change. Mindfulness, a contemplative practice and state of being that allows individuals to be more in-tune with their present-moment life, can facilitate increased awareness of unique survival patterns that are now limiting growth. Coupling mindfulness with greater compassion and acceptance for self and others can enable participants to take meaningful and sustainable steps towards lasting change. Mindfulness (Mind) and compassion (Heart) are powerful tools for transforming the pain of the past by learning to wholeheartedly accept oneself, just as one is, in the present moment.

Psychiatrist, researcher, teacher, and workshop designer, Jon Caldwell, DO, PhD, will personally facilitate the workshop. The Mind & Heart workshop is a scientifically researched intervention that entails a mixture of highly informative material and experiential exercises using mindfulness and compassion. Because these ancient practices will be applied in unique ways to heal past wounds, people of various skill levels with mindfulness can benefit from the workshop. Also, the practice of mindfulness and compassion does not need to interfere with workshop participants' spiritual beliefs, but can serve to deepen existing belief systems. All that is needed is a curious mind, a willing heart, and an intention to heal!

Learning Objectives

After completing this workshop, attendees will be able to:

1. Describe how abuse and neglect in childhood can affect attachment relationships.
2. Describe how attachment relationships shape patterns of thinking, feeling and behaving
3. Identify a person's attachment style and why it developed that way.
4. Describe how a person's attachment style affects his/her adult relationships.
5. Demonstrate how to practice mindfulness in formal meditation and in daily activities.
6. Demonstrate a more compassionate connection with the body.
7. Describe what attachment security feels like in the body.
8. Demonstrate how to help others approach negative attachment-related thoughts with less judgment/greater compassion.
9. Demonstrate how to help others regulate and manage difficult emotions that arise from earlier attachment experiences.
10. Demonstrate how to help others experience oneself with less judgment and more compassion.
11. Demonstrate how to help others experience greater loving kindness for themselves and others.
12. Demonstrate how to help others integrate mindfulness and self-compassion practices into daily life.

About the Facilitator

Jon G. Caldwell, DO, PhD, is a board certified psychiatrist who specializes in the treatment of adults who have experienced relational trauma and addictive behaviors. He is the Medical Director of Meadows Behavioral Health and Assistant Professor of Psychiatry at the University of Arizona. His theoretical perspectives are heavily influenced by his PhD training at the University of California at Davis, where he began researching how early childhood maltreatment and insecure attachment relationships affect cognitive, emotional and social functioning.



His clinical approach has become increasingly flavored by contemplative psychology and by the practice of mindfulness and self-compassion. Dr. Caldwell has published a number of articles on child maltreatment, attachment theory, emotion regulation and mindfulness and he is a noted international speaker and trainer on these and other topics.

Schedule

Friday

1:00 – 5:00 p.m.: Session (with two 15-minute breaks)

5:00 p.m.: Dinner

Saturday

7:00 – 8:30 a.m.: Breakfast

8:30 a.m. – 12:00 p.m.: Session (with two 15-minute breaks)

12:00 – 1:00 p.m.: Lunch

1:00 – 5:00 p.m.: Session (with two 15-minute breaks)

5:00 – 6:00 p.m.: Dinner

6:00 – 8:30 p.m.: Session

Sunday

7:00 – 8:30 a.m.: Breakfast

8:30 a.m. – 12:30 p.m.: Session (with two 15-minute breaks)

Continuing Education

16.0 Continuing Education Credits or 16.0 NBCC Clock Hours available

- The Meadows is an NBCC-Approved Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #5687.
- This course has been approved by The Meadows, as a NAADAC Approved Education Provider, for 16.0 CE. NAADAC Provider #62791, The Meadows is responsible for all aspects of their programming. Course addresses Counseling Services from NAADAC Counselor Skill Group.
- The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists. The Meadows maintains responsibility for this program and its content. Course meets criteria for 16.0 hours of continuing education credit hours for psychologists.

Location

Rio Retreat Center at The Meadows
1245 Jack Burden Road, Wickenburg, AZ 85390

Lodging and Transportation

Lodging at the Rio Retreat Bunkhouse is included in the cost for Friday and Saturday nights, and is purposely free of the distractions that often accompany hotel lodging. Rooms are simply appointed and are shared occupancy (two guests per room); guests will be placed with a roommate who is also attending the training. Transportation will be available from and back to the Phoenix Airport, and details will be sent with your confirmation email upon completion of the registration process.

Cost

Cost is \$1,500 a person, all inclusive of two meals Friday, three meals Saturday, one meal Sunday, lodging at Rio Retreat Bunkhouse, and ground transportation from and back to the Phoenix Airport.

Cancellation Policy

We rely on accurate attendance count to make important arrangements for this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable. If you have to cancel your attendance, please contact our Intake Department at 800-244-4949 as soon as possible.

TO REGISTER, CALL THE MEADOWS AT 800-244-4949

