



Integrating Mindfulness, Compassion, and Forgiveness Practices into Psychotherapy

Presented by

Ronald D. Siegel, Psy.D.

Thursday & Friday, September 23 & 24, 2021

Author of:

- **The Extraordinary Gift of Being Ordinary: Finding Happiness Right Where You Are (Forthcoming)**
- **The Mindfulness Solution: Everyday Practices for Everyday Problems**
- **Mindfulness and Psychotherapy, 2nd Edition**
- **Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy**
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Overview

Research confirms that holding onto anger is like drinking a cup of poison and expecting the other person to die - it's terrible for our health. So why do so many of us cling to hurt and blame?

Mindfulness and compassion practices have the potential to help us and our clients heal deep wounds, accept our shortcomings, and develop wisdom and compassion, including the ability to effectively apologize for our mistakes and forgive others for theirs.

This workshop will explore practical techniques for freeing us from cycles of injury and resentment. You'll learn mindfulness and compassion practices that can overcome shame, self-doubt, and feelings of inadequacy, liberating us from limiting narratives, helping us forgive ourselves and others, thereby enriching both our personal and professional lives.

Objectives—Participants will be able to describe:

- Three core components of mindfulness practices.
- How therapists can best choose which mindfulness and compassion exercises are most appropriate for different disorders and individuals.
- Contraindications for various mindfulness and compassion practices.
- Four central elements of forgiveness.
- Physical and psychological benefits of learning to forgive.
- How to use mindfulness and compassion practices to foster forgiveness at different stages of the forgiveness process.

Thursday, September 23, 2021

8:15 a.m. Registration (*continental breakfast*)

9:00 Forgiveness: Why Is It So Hard?

- Learning to blame ourselves and others
- Practical lessons from current research
- Pathways through: You have to feel it to heal it

10:30 Break (coffee and tea)

10:45 Understanding and Practicing Mindfulness

- Life is Difficult, for Everyone
- The Mindfulness Solution
- Cultivating Mindfulness: Formal and Informal Practice

12:15 p.m. Lunch (on your own)

- Optional Eating Meditation

1:30 How Mindfulness Works

- Universal causes of psychological distress
- Curing the thinking disease
- Avoiding avoidance

3:00 Break (coffee, ice tea, soda, snack)

3:15 Harnessing the Power of Compassion

- Empathy fatigue and the promise of compassion
- Working with inner and outer critics
- Self-Compassion: soothing ourselves and others

4:45 Adjournment

Friday, September 24, 2021

7:45 a.m. Registration (*continental breakfast*)

8:30 Seeing Who We Really Are

- The “self” as revealed in mindfulness practice
- The neurobiology of self-referential narratives
- Discovering the freedom of no-self

10:00 Break (coffee and tea)

10:15 The Extraordinary Gift of Being Ordinary

- Antidotes to the narcissism epidemic
- Freedom from self-esteem preoccupation
- All parts are welcome: becoming friends with ourselves

11:45 Lunch (on your own)

12:45 p.m. Forgiveness Readiness

- Empirically supported forgiveness interventions
- Common factors in forgiving
- Transcending blame: Seeing the other clearly

2:15 Break (coffee, ice tea, soda, snack)

2:30 Forgiveness: Mindfulness & Compassion in Action

- Learning from the Stoics
- Tools to cultivate affect tolerance
- Apology: Paths to reconnection

4:00 Adjournment (Pick up certificates)

Hotel Accommodations

You must make your own overnight accommodations. A block of rooms has been reserved at the

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Call the Hotel for reservations - 800-233-0121

Mention *J&K Seminars* to receive a discounted room rate

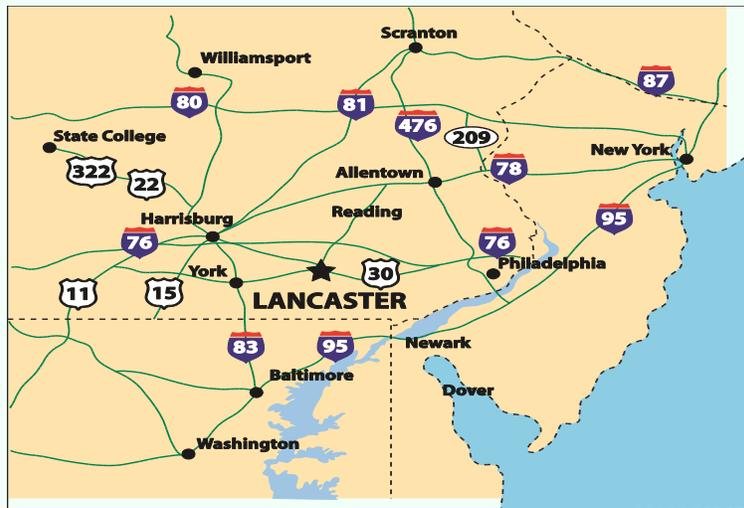
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Disclosure of potential conflicts of interest: The speaker receives royalties from the sale of his books and has a website.

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Ronald D. Siegel, Psy.D.

Dr. Ronald D. Siegel is a part-time Assistant Professor of Psychology at Harvard Medical School, where he has taught for over 35 years.

A long-time student of mindfulness meditation, he serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy, and teaches internationally about the application of mindfulness practice in psychotherapy and other fields.

Dr. Siegel is professor for *The Science of Mindfulness: A Research-Based Path to Well-Being*, produced by The Great Courses, co-directs the annual Harvard Medical School conference on Meditation and Psychotherapy, and is a regular contributor to professional publications.

He is known as a down to earth, engaging, and entertaining presenter. He presented for J&K Seminars in 2012 and received rave reviews.

Dr. Siegel's website: www.drrossiegel.com



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