

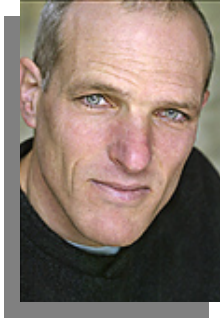
## INSIGHT DIALOGUE: A Buddhist Exploration of Suffering, Freedom and Mindfulness

Buddhist psychology clearly describes many aspects of human suffering: biological, psychological, and relational. One of the great powers of mindfulness is that it reveals suffering at the subtlest levels, in a gentle, precise, and dis-identified way. Often, this leads to the suffering diminishing, no matter whether it is physical or emotional. Sometimes, pain endures, but greater acceptance develops: it's just how things are in that moment.

What can Buddhist practice and psychology teach us about this suffering? Is there a greater possibility in life, and more specifically in psychotherapy, than just getting by a little more skillfully? And relevant to the essence of this retreat, in light of the human experience, what is the nature of freedom? How does mindfulness relate to freedom, as a gradual process of awakening and freedom in this very moment?

These questions, these potentials, are at once complex and available in immediate experience. We can learn a great deal, and often experience new qualities of clarity and ease, when we have the active support of unconditional relational presence - the healing essence of the therapeutic relationship.

Insight Dialogue is a meditation practice that unfolds in relationship. It is a practice of cultivating mindfulness, tranquility, inquiry, and adaptability while engaged with others. Arising in this mutual engagement is deep, immediate insight into the relational nature of the self; detailed understanding of how we relate to others and by extension a greater ability to track our own process in the therapeutic relationship. In this, we can find release.



### ABOUT PRESENTER

**Gregory Kramer**, the developer of Insight Dialogue (also known as interpersonal meditation) and author of *Insight Dialogue – The Interpersonal Path to Freedom*, has been teaching Vipassana and loving-kindness meditation since 1980. Gregory is a visiting faculty member at Barre Centre for Buddhist Studies in Massachusetts and holds a PhD in learning in human systems. For further information on Gregory Kramer, see [www.metta.org](http://www.metta.org).

#### Retreat Enquiries to Convenors:

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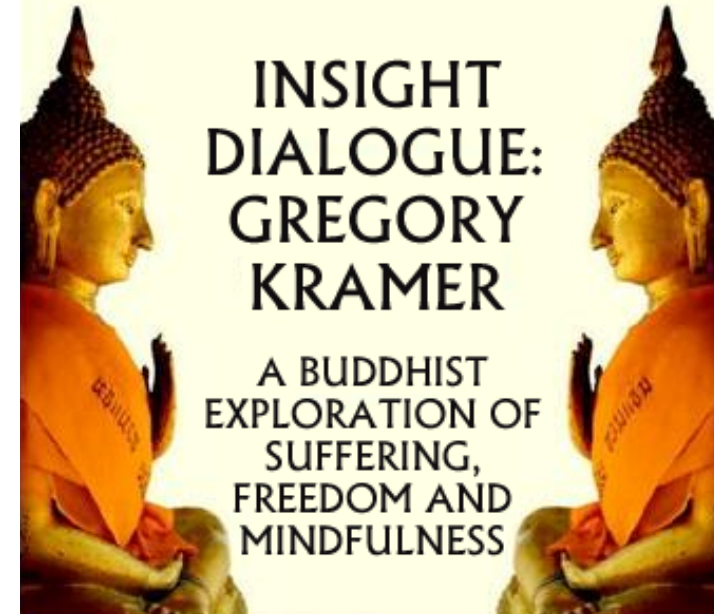


Australian Association of Buddhist  
Counsellors and Psychotherapists

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Australian Association  
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and Psychotherapists



## INSIGHT DIALOGUE: GREGORY KRAMER

A BUDDHIST  
EXPLORATION OF  
SUFFERING,  
FREEDOM AND  
MINDFULNESS

**4 Day Residential Retreat for  
Therapists**

**Thursday 19<sup>th</sup> March to  
Monday 23<sup>rd</sup> March 2009**

**St Joseph's Centre  
Baulkham Hills, NSW**



APS Endorsed Activity

## INSIGHT DIALOGUE FOR THERAPISTS

The retreat will be mainly experiential and aimed specifically at therapists who wish to deepen their listening and interpersonal skills. It will focus, amongst other things, on cultivating refined mindfulness, on speaking the truth from deeper recesses of the heart-mind, on examining Buddhist psychology and on exploring how relational wisdom is experienced in the body. The aim is to assist therapists to find tranquility while engaged in the process of relating with others. Some other areas of investigation will be the subtle aspects of transference and counter transference that can remain hidden even after long years of therapist training and professional experience. In addition to dialogic meditation, some time will be spent in periods of silent practice as we learn to rest, fully present with our internal experience *as well as being attuned* to others.



**This retreat will attract 12 APS PD points.**

## ST JOSEPH'S CENTRE

The St Joseph's Centre for Reflective Living ([www.stjosephscentre.org.au](http://www.stjosephscentre.org.au)) is an award winning 4 star rated recently refurbished modern retreat centre set in 40 acres of rolling countryside in Baulkham Hills, 30 minutes from the centre of Sydney. Its conference facilities include extensive facilities, meeting rooms overlooking garden courtyards, guest lounges, library and swimming pool. Accommodation is mainly modern twin share rooms all with en-suite. There are a limited number of single rooms with en-suite available. The Centre is renowned for its warm welcoming atmosphere and for its delicious and healthy vegetarian food. The Centre is easily accessed along M2 Motorway. There is public transport from Central Railway Station to Parramatta where the bus to Baulkham Hills drops you a few steps from the door. Car lifts can also be arranged.

## DURATION

Participants will be required to stay for the full 4-day residential retreat which commences at dinner, 6 pm, on 19 March and concludes after lunch at 2 pm on 23 March.

## MEALS

All meals served during the retreat will be vegetarian.

## NOBLE SILENCE

The retreat will be conducted in silence except during dialogue sessions.

## PARTICIPANTS

All members of the helping professions are welcome including non-Buddhists. Participants are encouraged to have previous meditation experience and reading of Gregory Kramer's book *Insight Dialogue – The Interpersonal Path to Freedom* (2007) is strongly recommended before the retreat.

## REGISTRATION CLOSING DATE:

**28 February 2009**

### Retreat Fee (includes tuition, meals and accommodation)

AABCAP members: \$800 / \*\$750

Non-members: \$900 / \*\$850

Full-time Student / Concession: \$600 (limited places)

*\*Due to the current economic circumstances AABCAP is offering a variation in payment details. Early bird rates are **extended to 30 November 2008** and the closing date for all payments is 28 February 2009. A deposit of \$200 is required to reserve a place.*

**A limited number of single rooms are available** at \$120 surcharge from 17 November 2008.

**Cancellation Policy:** 50% of deposit.

**Register Online @ [www.buddhismandpsychotherapy.org](http://www.buddhismandpsychotherapy.org)**

## RETREAT APPLICATION FORM

In order to secure your place, \$200 deposit is required. Please return both completed Retreat Application Form and Participants Information Form.

Title: ..... Name: .....

Occupation: .....

Address: .....

Suburb: ..... Postcode: .....

Contact phone: .....

Email: .....

### PAYMENT METHOD

AABCAP Member     Non-Member     Student

*Please tick one of the following payment methods:*

**Crossed Cheque** payable to *Australian Association of Buddhist Counsellors and Psychotherapists.*

**Direct Deposit**

Bank: *Commonwealth Bank*

A/C Name: *AABCAP* A/C No.: *1009 0459* BSB: *062 229*

Date of deposit: ..... Amount: \$.....

*(Please specify "March 2009 Retreat")*

**Credit Card** VISA / MasterCard / Bankcard

Name on card: .....

Card number: \_\_\_\_\_

Expiry date: ..... / ..... Amount: \$.....

Signature: ..... Date: .....

Return completed forms to AABCAP by post or fax.