Buddhist psychology: clinical and personal applications

Day 1: Holistic mindfulness and the eight-fold path

Day 2: Mindful-compassion: Ancient and contemporary perspectives and practices

The Buddhist Library: 90-92 Church St, Camperdown (Sydney) NSW
9.15am-4.30pm, Friday 16th and Saturday 17th of March 2018
With Mal Huxter, clinical psychologist and meditation teacher
Sponsored by BPIG and AABCAP

These two days will provide an opportunity to experience and understand the clinical (and personal) applications of Buddhist mindfulness and four relationship qualities (loving kindness, compassion, appreciative joy and equanimity). The workshops will include presentations, interactive discussion, reflection, experiential exercises, movement and different forms of meditation. They will emphasise the experiential and involve the integration of theory and practice. These two workshops are connected but may be attended separately.

Day 1 will focus on the clinical and personal relevance of the four applications of mindfulness, calm and insight meditation and the eight-fold path.

Day 2 will focus on the clinical and personal applications of loving kindness, compassion and appreciative joy, with reference to contemporary mindful-compassion approaches including CFT and MSC.

Mal Huxter (MAPS, AABCAP) is a clinical psychologist in private practice. He is the author of “Healing the heart and mind with mindfulness. Ancient path, present moment” , Routledge 2016. He has been teaching mindfulness and the four heart qualities to the general public, different cultures, clinical populations, therapists and other professionals since 1991. He is a teacher of MSC and CEB and trained in a range of therapies including CFT. He began training in Buddhist meditation practices in 1975, living in Thailand as a Buddhist monk for two years in the late 1970’s. For more info about Mal go to: www.malhuxter.com

For information and booking details contact: Nick Tabley (nicholastabley@gmail.com) / 0411227779 or Penny Fenner (penny@fenner.org/ 0411554007)