

3rd Annual San Diego Compassion & Wisdom Conference

Hyatt Regency, Mission Bay, San Diego, CA.
February 26-28, 2015

Thursday, February 26, 2015

9-10:30 a.m. KEYNOTE

Hardwiring Compassion,

Part 1: Strengthening the Neural Substrates of Love

Recent research on experience-dependent neuroplasticity is revealing how targeted mental activity can stimulate and thereby strengthen neural substrates - and this practical, experiential, clinically-focused workshop will teach effective ways to take in the good to build "love muscles" in your brain.

Rick Hanson, Ph.D.,

Neuropsychologist and New York Times best-selling author. His books include *Hardwiring Happiness*, *Buddha's Brain*, *Just One Thing*, and *Mother Nurture*. Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom.

10:45-12:15 p.m. KEYNOTE

Hardwiring Compassion

Part 2: Helping Clients Heal Wounds of the Heart

The brain evolved a "negativity bias" that continually looks for, reacts to, and stores negative experiences, which shapes the interior landscape of the mind. This workshop will highlight how the acceptance of feeling loved can nurture the brain toward healing from old trauma and in return, provide a foundation for being loving.

Rick Hanson, Ph.D.,

1:30-3 p.m. Concurrent Presentations , Attend your choice:

- **Empowering Self-Regulation with Evidence-based Yoga Breathing**
Discover for yourself the physiological changes occurring in the body-mind and experience the shift in your own outlook as we practice simple, safe yoga-based breathing exercises that can change your life and the lives of your clients. We'll cover ways you can introduce these yoga tools in treatment to the most resistant client. You will leave feeling refreshed, renewed, and excited about bringing a simple yoga-based breath into your clinical work.

Amy Weintraub, MFA, E-RYT 500.

Author of *Yoga Skills for Therapists* (W.W. Norton, 2012) and *Yoga for Depression* (Broadway Books, 2004) is the founding director of the LifeForce Yoga Healing Institute, which trains yoga and health professionals internationally.

- **"Quieting the Hungry Ghost"**

- Compassionate & Mindful Relapse Prevention**

- Understand the major causes for relapse and learn the core compassion & mindfulness skills to prevent relapse for healthy habits (diet, exercise, relationships) and for unhealthy habits (alcohol/drug abuse, excessive eating, over spending, etc.)

- Richard Fields, Ph.D.**

- Founder/Director, FACES Conferences, Inc., Author, *Drugs in Perspective*, 8th edition, McGraw Hill (2012), Editor, *A Year of Living Mindfully: 52 Quotes & Weekly Practices*, FACES Publishing, 2012, Editor, *A Year of Living with More Compassion: 52 Quotes & Weekly Compassion Practices*, FACES Publishing, 2013.

3:30-5 p.m.

Concurrent Presentations , Attend your choice:

- **Giving the Mind a Bone—Preparing for Mindfulness**

- Build a client's ability to sit with what is arising by using yoga-based meditation techniques as a portal into mindfulness. When rumination overwhelms your client's capacity to watch her breath or to dis-identify with her negative self-talk, these simple evidence-based yoga tools can pave the way to a calm mind and an ability to witness what is arising. Combine hand-gestures called mudras and evidence-based, non-religious mantras to help your clients focus, relax, self-regulate and have greater access to feelings. We'll cover ways you can introduce these yoga tools in treatment to the most resistant client.

- Amy Weintraub, MFA, E-RYT 500**

- **Emotions: Befriending the Messengers Within**

- Emotions share the same characteristics as water. They need to flow. Once they encounter a barrier, they will find ways around it. They cannot be pushed down or contained once in flow. Emotions seek expression. In our work together, we will find the balance between two usual expressions of emotions, suppression and unhealthy expression, in order to help our clients find peace and flow in their lives.

- Pouria Montazeri, M.A., LPC**

(www.youbeyoucounseling.com) is a transpersonal psychotherapist and educator with a private practice in Boulder and Denver. He teaches at Naropa University's Graduate School of Psychology.

Friday, February 27, 2015

9-10:30 a.m. KEYNOTE

No Separate Self: Mindfulness as a Path to Compassion

Mindfulness practices were originally designed to cultivate deep understanding of the origins of suffering and provide a path to its alleviation. This presentation will explore some of the more radical insights they can reveal. By seeing how our sense of self is constructed moment-to-moment, we'll discover ways that we and our clients can develop compassion for ourselves and others, as well as to cultivate the capacity to bear affect and regulate emotion that is essential for successful therapy and other intimate relationships.

Ronald D. Siegel, Psy.D.

Assistant Clinical Professor of Psychology, Harvard Medical School,
Author, *The Mindfulness Solution*, Co-editor, *Mindfulness & Psychotherapy*; Co-editor, *Sitting Together*.

10:45-12:15 a.m. KEYNOTE

Wisdom & Compassion in Psychotherapy:

Two Wings of a Bird

What do we look for in a psychotherapist? When we are in pain, the answer probably isn't academic knowledge or training. Rather, we hope that our therapist will be wise—have a deep understanding of how to live life—and compassionate—able to supportively enter into our suffering with us. This presentation will explore how, using mindfulness practices, wisdom and compassion can be cultivated in both the therapist and the client, leading to richer, more fulfilling treatments.

Ronald D. Siegel, Psy.D.

1:30-3:00 p.m. KEYNOTE

Journey to the Self via the Other:

The Power of Primary Attachment Relationships

From birth to death, the self is continuously shaped and reshaped through primary attachment relationships. Prevailing notions in popular culture focus on the developing self as if it necessarily precedes pair-bonding relationships. This idea can be used to reinforce a one-person psychological mindset in persons fearful of truly mutual, interdependent pair-bonding relationships. Through the lens of A Psychobiological Approach to Couple Therapy (PACT®), we will explore

and compare insecure and secure-functioning models of attachment and how to help partners achieve the latter.

Stan Tatkin, PsyD, MFT

A clinician, researcher, teacher, and developer of A Psychobiological Approach to Couple Therapy (PACT®). He is the author of *Wired for Love* and *Your Brain on Love*, and coauthor of *Love and War in Intimate Relationships*.

3:30-5:00 p.m. KEYNOTE

Journey to the Self via the Other:

The Power of Interactive Regulation

A Psychobiological Approach to Couple Therapy (PACT®) places considerable emphasis on regulation theory. The four arousal regulatory strategies are auto, external, self, and interactive. Early development of self-regulation largely depends upon the availability of at least one caregiver to provide sufficient external and interactive regulatory opportunities. In adult primary attachment relationships, mindfulness meditation practices can have an effect on any of the four strategic levels of arousal regulation. We will examine all four strategies and how to take mindfulness into the couple situation.

Stan Tatkin, PsyD, MFT

Saturday, February 28, 2015

9:00-10:30 a.m. KEYNOTE

Crossing the Bridge to Secure Attachment: Raising Relational Intelligence through "Co Mindfulness", Part I

This morning session will illuminate what Secure Attachment actually is and how to track the client's experience of what is relevant somatically, emotionally and cognitively to strengthen it. You will learn subtle clues distinguishing a client's telltale pattern of the Avoidant Attachment Adaptation & learn and experiment with several practical Clinical Applications of specific Corrective Experiences to help heal it.

Diane Poole Heller, PhD

Expert in Trauma Resolution and Attachment

Originator / developer of DARE (Dynamic Attachment Re-patterning experience) aka SATe (Somatic Attachment Training experience),

Author of *Crash Course: A Self-Healing Guide to Auto Accident*

10:45-12:15 p.m. and 1:30-3:00 p.m. KEYNOTE

Spirituality and Trauma: From Trauma to Awakening and Flow

In the treatment of the effects of trauma, its' inherent relationship with spirituality provides a vital link in the therapeutic process. The understanding of a person's, felt, spiritual connection is central to the therapeutic process. If we are unable to access a person's spirituality, we may find ourselves trapped, as therapists, in areas that are fraught with pitfalls and "tight corners". The

intimate association between trauma and spirituality suggests therapeutic avenues that support the authentic transformation of traumatic experiences.

Dr. Peter Levine will introduce Somatic Experiencing® as a way to re-connect with the deep self. The focus will be on developing practical tools to gracefully enhance the relationship between trauma and spirituality within the therapeutic experience.

Peter A. Levine, Ph.D.

Dr Levine holds doctorates in both medical biophysics and psychology. He is the developer of Somatic Experiencing®, a body-awareness approach to healing trauma, and founder of the Somatic Experiencing Trauma Institute, which conducts trainings in this work throughout the world. Dr. Levine was a stress consultant for NASA on the development of the space shuttle project. Levine's international best seller, *Waking the Tiger: Healing Trauma* has been translated into twenty-two languages. Levine's contribution was honored in 2010 when he received the Lifetime Achievement award from the United States Association for Body Psychotherapy.

3:15-4:45 p.m. KEYNOTE

Crossing the Bridge to Secure Attachment: Raising Relational Intelligence through "Co Mindfulness", Part II

This afternoon continues with describing parenting styles and the child's reaction that help create the Ambivalent Adaptation subsequent to an inconsistent "on again, off again" loving contact, mixed with possible intrusion. In this experiential session, Dr Poole Heller will elucidate Corrective Experiences and explore the most complex Disorganized Patterning that often afflicts our most difficult clients. She will demonstrate how to help untangle the deep-seated psychological and emotional conflict to help clients discover their core intactness and regain relative relational safety.

Diane Poole Heller, Ph.D.