



HEARTWORK: MINDFULNESS PRACTITIONER TRAINING

with Radhule Weininger & Michael Kearney

While deepening your own meditation practice, learn how mindfulness, compassion and nature connection practices can be most effectively shared with others. If you are a therapist, health-care professional, teacher, spiritual director, social or environmental activist, working with minority or marginalized communities, or you are a caretaker of others in any way, you will find this program highly valuable. You will receive a solid foundation in mindfulness, compassion and nature connection practices, learning about the relationship between mindfulness and emotional regulation, how to connect deeply with others, and how to bring what you learned back into your everyday life. Students who complete all three Modules will obtain a **Practitioners Certificate of Completion**.

Module 1: Laying the foundations of practice

In this module, you will learn about The Four Noble Truths of Buddhism as a framework of philosophy and practice. You will learn how mindfulness, compassion, and nature connection practices form a synergistic triad that quiets the mind and opens the heart. You will become competent in these practices and learn how to integrate them into your life.

Dates: January 20 – Saturday, 9:30 am – 4:30 pm, *lunch included*. January 21 & 28, and February 4 & 11 – Sundays 2:30 – 6:00 pm

Module 2: Cultivating Emotional Balance

One of the Dalai Lama's central teachings is that negative or destructive emotions are a cause of personal suffering that lead to harmful behaviors towards others and our world. In this module, you will learn a variety of practices that allow you to transform such emotions with wisdom and compassion, and to bring the fruits of these practices into your relationships.

Dates: March 10 – Saturday, 9:30 am – 4:30 pm, *lunch included*. March 11 & 25, and April 8 & 15 – Sundays, 2:30 – 6:00 pm

Module 3: Engaged Compassion

Our lives become especially meaningful when we put our good intentions and newly found inner balance into action. This may be in our own lives, or as part of our occupation or activism on behalf of the greater good. In this module, you will learn practices that empower and enable you to engage with others and our world, and self-care strategies that will nourish and sustain you as you bring what have learned back into your work.

Dates: May 12 – Saturday, 9:30 am – 4:30 pm, *lunch included*. May 13 & 20, and June 3 & 10 – Sundays, 2:30 – 6:00 pm



The cost of each Module is \$300. Payment will be required prior to each module. A single, non-refundable deposit of \$150 is required when registering for the first module. (\$50 will be applied to each Module).

Register at: www.lacasademaria.org

18 CEs are provided for each Module for psychologists, registered nurses, MFT's and LCSW's. The cost is \$35 for CEs for each Module.

Radhule Weininger, Ph.D., clinical psychologist, and teacher of Buddhist meditation and Buddhist psychology is the founder and guiding teacher of *One Dharma Sangha*, as well as the resident teacher of mindfulness practice at La Casa de Maria in Santa Barbara, California. She mentored in her teaching by Jack Kornfield who also wrote the foreword to her book "*Heartwork: The Path of Self-compassion*" by Shambala Publications.

Michael Kearney, MD, a physician with over 35 years experience in palliative care and hospice. He is interested in models of healing that go beyond the bio-medical to include the whole person and the world. He is inspired by the teachings of Engaged Buddhism and Earth-based spirituality. Michael Kearney's forthcoming book "*The Nest in the Stream: Lessons from Nature on Being with Pain*" will be published in February 2018.

HEARTWORK: MINDFULNESS & COMPASSION FACILITATOR TRAINING

This year-long program provides training, support, internship, and supervision, to those who want to teach these practices to the communities with whom you work. Successful completion of this program provides a **Mindfulness Facilitator Certificate**.

After obtaining the *Practitioners Certificate of Completion* you will engage in the *Mindful Facilitators Program*. Guest teachers providing a greater variety of information and skills will periodically join Radhule and Michael. This additional program is from July to December culminating in a Silent Meditation Retreat.

Program Requirements:

Group Meetings and Practice Sessions: Group training sessions will be scheduled every other week for 2 hours. Minimum attendance is 10 classes. The group meeting dates/time will be set to best meet the teachers and the group's availability.

Weekly Dharma Sitting: Attendance at a Dharma One sitting of your choosing, once a week.

Mentorship: A monthly phone call or meeting with a teacher to check in about the program, report about your experiences and challenges in offering spiritual care, and to explore your Dharma practice in relation to the work you are doing.

Internship: You will engage in a practicum where you initiate a mindfulness class with a minimum of 1 hour per week, in the venue of your choosing to share and demonstrate your growing skill set. Students should begin researching volunteer options.

Retreat: A mandatory 5 Night Mindfulness Meditation Retreat from December 4 - 9, 2018 at Mount Calvary Monastery that will be held in silence providing the experience of extended silence and additional practice as a teacher. A voluntary weekend retreat is also available at the Center for Spiritual Renewal from August 24 - 26, 2018 for additional practice or make-up for missed times.

Cost: The cost for the Facilitator Training is \$800.00 Deposit of \$150.00 to La Casa de Maria (\$50 will be applied to each Module, non-refundable). In addition, the cost for the Residential Retreat is approximately \$600-740.00. CE's are provided for psychologists, registered nurses, MFTs and LCSWs.

Registration Instructions: Complete and return Facilitator Application. Register on line for Practitioner Training at www.lacasademaria.org.

Prerequisite for the Facilitator Program: Completed Facilitator Application and completion of all three Modules of the Practitioner Training.

Open to all who are interested - experience is not a requirement for participation.

HEARTWORK: MINDFULNESS AND COMPASSION
FACILITATOR TRAINING
PARTICIPANT APPLICATION INSTRUCTIONS

Full Name:

Address:

Email:

Phone:

Date of Birth:

Occupation/Course of Study:

Educational History:

Do you have relevant skills? Please describe briefly. (i.e. healthcare, counseling, dharma teaching, foreign language, sangha leadership, theological training)

Why do you want to enroll in the Facilitator Training Program? (We appreciate your thoughtful and detailed response.)

What is your understanding of mindfulness?

Describe your personal experience with spiritual/meditation practice (your practice; practice periods, etc.)

Who is your primary meditation teacher? What is your current relationship to other meditation practices and teachers?

Please list only day-long, non-residential workshops or retreats you have attended. Include dates and teachers.

Please list only the silent, residential meditation retreats you've attended. If you have attended many retreats, please list the last 6 retreats you have done, as well as your longest retreat. Include a line to note the number of

