



*Karuna
Training*

Karuna Training in Contemplative Psychology

For more information please go to our website at <http://www.karunatraining.com>

Karuna Training teaches how to work skillfully with ourselves and others through the innate potency of the heart. The program joins deep study of Buddhist principles with contemplative practice, skills development, and ongoing group interaction and community support. It is a journey of discovering one's own intrinsic health and of learning how to exchange ourselves for others so that we can transform everyday life challenges into opportunities for openness and wisdom.

Karuna is for professionals and non-professionals alike who are interested in a transformative journey that provides evidence-based, time-tested skills rooted in meditative awareness, compassion and deep listening, and the inherent wisdom of emotions. Participants receive continuing education credits (CEUs) and certification in Contemplative Psychology.

Learning Objectives:

1. Learn mindfulness-awareness meditation in the context of working with oneself and how it applies to working with others
2. Participate in a supportive in person and online learning community that meets in seminars and small groups over a two-year period
3. Study selected readings in contemplative psychology
4. Learn and facilitate the method of Body, Speech and Mind group
5. Learn several compassion-based methods for application to relationships and work with others
6. Learn to work with emotions in terms of confusion and sanity
7. Experience Maitri Space Awareness practice in retreat as an exploration of elemental and emotional energies, and how confusion can be transformed into wisdom
8. Receive continuing education (CEUs) units
9. Receive certification in Contemplative Psychology

Karuna Training Phase 1: Personal Process

Seminar 1 - Confidence in Basic Sanity

3 days and 1 evening

Seminar 2 - Ego from the Perspective of Contemplative Psychology

Weekend

Seminar 3 - Working with Emotions

Weekend

Seminar 4 - Deepening Week 1: Exploration of Energy in Contemplative Psychology

Residential Retreat: 7 days, 6 nights

Phase includes 12 hours of regional continuity groups

Karuna Training Phase 2: Compassionate Exchange - Working Skillfully with Others

Seminar 5 - Development of Compassionate Presence

Weekend

Seminar 6 - Deepening Week 2: Exploration of Energy in Communication

Urban Retreat: 7 days, 6 nights

Seminar 7– Compassionate Presence 2

Weekend

Phase includes 12 hours of regional continuity groups

Karuna Training Phase 3: Engaged Compassion Project with Mentoring

Seminar 8 - Mentoring 1 Day

Seminar 9 - Deepening Week 3 - Exploration of Energy in Working with Others

Residential Retreat: 7 days, 6 nights

Karuna Project Practicum

5 hours of working in compassionate exchange with another person

4 Hours Individual Mentoring

Seminar 10 -Graduation/Certification

3 days and one evening

Phase includes 12 hours regional continuity groups

309 Total Training hours for all phases

Teaching and Study Themes:

Basic Sanity and Intrinsic Health

The three marks of existence

Maitri and loving kindness

Impermanence and interconnectedness

Recognizing ego and habitual patterns of security

Learning what emotions are, how to work with emotions

Understanding the six realms as temporary displays of confusion

Understanding burnout

Understanding container, creating safe spaces

The Five Buddha Families as a means for understanding the wisdom of emotions

The power of the heart, Absolute and Relative Bodhicitta

Exchanging self for others as experience of mutual recovery

Compassionate Exchange and methods of listening deeply from the heart

The Four Bones In Space

Skillful Methods:

Shamatha Vipashyana Meditation

Equanimity Practice

Mindfulness as a 4 step practice

Body Speech Mind groups

Forming a community, monthly regional continuity groups

Compassionate Exchange

Process groups – learning to speak the microscopic truth

Meetings with a Karuna Mentor

Experiential exercises, journaling and creative processes and activities

Movement and body awareness

Maitri Space Awareness practice in retreat

How to give/receive feedback to shine the jewel in others

Tonglen and Bodhicitta Exercises

The Four Bones: Engagement, Discriminating, Mutual Agreement & Transition

Application of learning through a personal practicum with peer and mentor support

Presentations of practicum and Karuna learning in final weekend