

The Contemplative Psychotherapist: A Practicum in Mindfulness and Psychotherapy

F. Delia Kostner, Ph.D.

N.H. Licensed Psychologist

October 7, 2016 through May 7, 2017

8:30-11:30 am

Amherst, N.H.

In recent years mindfulness has been incorporated into almost all schools of psychotherapy as a means of alleviating suffering. But mindfulness is far more than a series of useful techniques. It is first and foremost a practice. To be most effective, mindfulness-based treatment approaches require the practitioner to cultivate their own meditation practice. This is best accomplished through the development of “sangha,” the ancient word for community. The aim of this practicum is to help therapists come together in sangha to support a regular, sustainable meditation practice, to explore the impact of mindfulness practice on presence and attention in the therapy hour, and provide a safe arena for consultation and case presentation. In addition, an important aim of this practicum is to explore various ways in which Buddhism and mindfulness are evolving as they are assimilated into psychodynamic, behavioral, and cognitive behavioral theory in the West. This is primarily an experiential and clinical group, although readings will be offered and suggested.

Structure:

Each session will begin with a guided meditation, followed by a check-in and a discussion of clinical material and/or relevant readings. Participants will be paired with other group participants on a rotating basis in order to facilitate between session discussions of readings and to support meditation practice. The group will be limited to ten individuals.

Prerequisites:

This course is suitable for beginning and intermediate practitioners. Some familiarity and experience with mindfulness and meditation is desirable. If you would like to discuss your readiness for this group please contact the facilitator.

Dates and Time:

Fridays, October 7, November 4, December 2, 2016. January 6, 2017 February 10*, March 3, April 7, and May 12, 2017. A day-long retreat will be held on Saturday April 15. We will meet from 8:30 a.m. and 11:30 a.m. *To receive continuing education credit, you must attend all sessions. A make-up class will be held on Friday May 5.*

Place:

Office of Dr. Delia Kostner 69 Route 101a Amherst, New Hampshire 03031 (603) 672-3839

Course Objectives:

- 1) Participants will develop a sustainable meditation practice.
- 2) Participants will develop a deeper understanding of the early Buddhist teachings as they pertain to mindfulness practice in psychotherapy.
- 3) Participants will be able to identify and apply key concepts in mindfulness and psychotherapy.
- 4) Participants will recognize ways in which mindfulness impacts and enhances the therapy relationship.
- 5) Participants will discuss and apply the concept of “sila”, or ethics, as it pertains to the ethical practice of psychotherapy.

Cost:

The fee for this seminar is \$600, \$575 if registered and paid before Sept. 1. A deposit of \$200 is due by September 1. Full payment is due at the time of the first meeting. All cancellations before September 15 will be completely refunded minus a \$25.00 processing fee. There will be no refund after commencement of the practicum.

Continuing Education:

24 hours of credit will be awarded for full completion of this program. This program is co-sponsored by F. Delia Kostner, Ph.D. and New Hampshire Psychological Association (NHPA). NHPA is approved by the American Psychological Association to sponsor continuing education for psychologists. These credits are accepted by the State Board of Mental Health Practice (BMHP) and the State Board of Psychologists (BOP) for all NH licensees. NHPA maintains responsibility for this program and its content. If you are not licensed by the NH BMHP or NH BOP, please check with your licensing agency to see whether these credits apply toward your licensure. Psychologists: 24 hours of credit are offered for psychologists. This program is co-sponsored by F. Delia Kostner, Ph.D. and New Hampshire Psychological Association (NHPA). NHPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NHPA maintains responsibility for this program and its content. Please check with your licensing agency to see whether these credits apply toward your licensure.

Instructor:

Delia Kostner, Ph.D. is a psychologist and psychoanalyst in private practice in Amherst, New Hampshire for over 20 years. She completed psychoanalytic training at the Pine Psychoanalytic Institute where she served as a faculty member for nine years. She is currently a member of the Boston Psychoanalytic Institute and a member of the Institute for Meditation and Psychotherapy. A serious student of Buddhism, she completed the Intensive Study and Practice Program at the Barre Center for Buddhist Studies, and is a trained Mindfulness-Based Stress Reduction (MBSR) teacher. She is founder and facilitator of the Souhegan Valley Insight Meditation Group. Dr. Kostner has written and spoken widely on the interface of psychotherapy and Buddhism.

Contact and Registration:

To register: contact Dr. Kostner at w: (603) 672-3839 , c: (603) 801-6261, or email deliakostner@gmail.com <https://deliakostnerphd.com/>

*We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started*

And know the place for the first time.
-from T.S. Eliot's "Little Gidding"