

AABCAP



An Afternoon with

# Ian Gawler

## Do Meditators Need Psychotherapy?



Join Ian Gawler for  
an afternoon of  
provoking  
conversation  
amidst the noble  
company of like-  
minded therapists

Meditation takes us back to our true self. It would be nice to think that this true self was fully integrated and beyond the need of psychotherapy. But what happens in real life? Has anyone met a meditator that was seriously dysfunctional? How many seriously dysfunctional people have you seen regain good mental health just by meditating? What is the real situation and as therapists, what are we best to recommend?

Ian has been teaching meditation and applying it in a therapeutic context for over 30 years. A pioneer in this field, he has written 5 popular books on the subject, the latest being "Meditation- an In-depth Guide" and "The Mind that Changes Everything". Recently, he released an online meditation program, Mindbody Mastery.

Ian began meditating with the renowned psychiatrist Dr Ainslie Meares, is a long term student of the great Tibetan teacher Sogyal Rinpoche, author of "The Tibetal Book of Living and Dying" and will share some of his insights from the Dzogchen tradition. This talk coincides with Ian co-presenting with Rinpoche as well as giving a keynote presentation at this year's Happiness and its Causes conference.

Sunday 26 February 2 – 4:30pm

Afternoon tea will be served from 2 – 2:30pm, presentation and discussion from 2:30 to 4:30pm.  
For catering purposes please register and pay before the event. \$55 Payment by credit card or EFT  
Bank: *Commonwealth* Acc. Name: *AABCAP* Acc No.: *10090459* BSB: *062 229*

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