



AABCAP The Australian Association of Buddhist Counsellors and Psychotherapists proudly present:



“Insight Dialogue Deepening the Therapeutic Conversation”

***A full day workshop with Gregory Kramer and Mary Burns
Friday 27th February 2015 Buddhist Library, Camperdown Sydney NSW***

How can therapists who spend their days working with people overwhelmed by anxiety, depression, addiction, trauma or chronic physical pain deepen their capacity —“to be in the present moment with full awareness and openness to our experience, and to take action guided by our values” (Harris, 2009)?

In ***Insight Dialogue*** practice, essential aspects of the shared human experience are contemplated in dialogue and structured by a series of guidelines. Through this practice, workshop participants will have the opportunity to deepen their capacity to bring to the therapeutic relationship the present moment awareness, acceptance, and loosening of identification with thought and self that are cultivated in both meditation and mindfulness-based therapies. The living wisdom and compassion that arises in considering teachings on the nature, causes and release of human suffering in relational practice offers the potential for a life of greater freedom and ease for both client and therapist.

Gregory Kramer is the Founder and Guiding Teacher of Metta Programs and has been teaching Insight Meditation since 1980. He developed the practice of Insight Dialogue and has been teaching it since 1995, offering retreats in North America, Asia, Europe, and Australia. He has studied with esteemed teachers, including Anagarika Dhammadina, Ven. Balangoda Ananda Maitreya Mahanayaka Thero, Achan Sobin Namto, and Ven. Punnaji Maha Thero. Gregory is the author of : *Insight Dialogue: The Interpersonal Path to Freedom* (Shambhala), *Seeding the Heart: Practicing Loving kindness with Children, Meditating Together, Speaking from Silence: the Practice of Insight Dialogue, and Dharma Contemplation: Meditating, Together with Wisdom Texts.*

Mary Burns, LCSW is a Senior Insight Dialogue Teacher. Mary serves as the Chairperson for Metta Programs Teachers Council. She is a faculty member for Metta’s Whole Life Program and Relational Insight Meditation Program. She offers retreats worldwide. Over the years she has practiced with several Vipassana teachers and has studied intensively with Gregory Kramer since 2004. In her life and work, she has been drawn to the intersection of Eastern and Western healing practices for more than three decades, and has had the good fortune to study with many gifted teachers. Mary has also taught Mindfulness-Based Stress Reduction for many years. She is a licensed Clinical Social Worker with a private practice.

DETAILS AND HOW TO REGISTER

Venue:	Buddhist Library, 90 Church St Camperdown
Date:	Friday 27 th February 2015
Time:	9.30pm – 4.30pm (registration from 9.10am)
Cost:	\$50.00 AABCAP Members, Non Member \$70.00. Inc. Light refreshments included. <i>Workshop fees are kept low to allow wide access to these teachings. There will an opportunity to offer “dana” contribution to the teachers.</i>
Bookings:	on line booking click HERE by Wednesday 25 th February 2015.
Enquiries	Nicholas Tabley info@buddhismandpsychotherapy.org

“For further practice, on Saturday 28th and Sunday 29th a two- day Seminar which is open to the general public will be held with Greg Kramer and Mary Burns at the Buddhist Library. This is organised by Sydney Insight Meditators (SIM) and details can be found [Here.](#)”

Professional Development Points

This event is designed to provide structured professional development training for counsellors and psychotherapists.

AABCAP’s goal is to provide educational opportunities for therapists who are interested in developing a conversation between Buddhist psychology; philosophy, ethics and contemplative practices. We aim to integrate these rich traditions of wisdom and healing