

## BRIEF BIOGRAPHIES OF PRESENTERS (In order of appearance)

### Ven. Tejadhammo Bhikku

Venerable Tejadhammo Bhikku is the spiritual director for The Association of Engaged Buddhists and senior resident monk at Sangha Lodge. Ordained in the Theravada tradition he has also studied and received teachings in Mahayana and Vajrayana. He has a background in Western Philosophy and Theology and is involved in inter-religious dialogue via AME (Australian Monastic Encounter). Bante gives teachings and conducts retreats in Australia and works with people with life-threatening illness & prisoners in Sydney.

### Dr Eng-Kong Tan MBBS, MPM, FRANZCP

Dr. Tan is the Founder and Chairman of Metta Clinic, a group psychiatric and psychotherapy clinic in Sydney. He is a former Chair of the Section of Psychotherapy of the RANZCP and Chairman of Training to the PPAA. He has been a member of the Training Committees of NSWIPP and ANZAP. In the last three decades, Dr. Tan has presented keynote addresses, seminars and workshops to Buddhist and psychotherapy organisations in Australia and overseas.

### Ven. Sujato

Bhante Sujato was ordained in the forest tradition lineage of Ajahn Chah. Since 1994 he has been practicing meditation in forest monasteries in Thailand, Malaysia and Australia. He specializes in historical research into the fundamental teachings found across the Buddhist traditions. His books include *A Swift Pair of Messengers*, *A History of Mindfulness*, *Beginnings*, and *Sects & Sectarianism*. He is the abbot of Santi Forest Monastery and the secretary of the Australian Sangha Association.

### Ven. Ani Pema

Ven. Pema (Karen Schaefer) ordained in Bhutan. She studied and practised intensively in classical yoga and meditation tradition living in India for eight years. She studied Transpersonal Psychology in the US and for the past 15 years, has also studied and practiced intensively within the Tibetan traditions. She has taught meditation since 1980, had a private counselling practice for 6 years as well as working in human resource development and training of yoga teachers.

### Rev. Miao You B. Ed

Venerable Miao You is an experienced teacher in Mahayana Buddhism at Nan Tien Temple. She is a disciple of the world renowned Dharma Master, the very Venerable Master Hsing Yun. She has been in the temple for the past 4 years after spending two years in Fo Guang Shan, Taiwan where she received her training from the Meditation College.

### Geoff Dawson B.A. (Psych, Phil)

Geoff Dawson is a Zen Buddhist teacher – a Dharma Successor to Charlotte Joko Beck and teacher in the Ordinary Mind Zen School in Sydney and Melbourne. He is also a psychologist and psychotherapist in private practice in North Sydney. Geoff has a long-standing interest in the area of Buddhism and Psychotherapy and has presented at many conferences and published papers in this area.

**Timothea Goddard** BA, Dip. Psychoth. (ANZAP), PACFA Reg  
Timothea works as a psychotherapist, educator and workplace trainer, having trained in humanistic, body-oriented, and psychodynamic therapeutic orientations. Her interest in mindfulness has been deepened by being a long-time student in the practices of Aikido, yoga, and meditation – Vipassana and Zen. She has strong professional links with the Center for Mindfulness, Worcester, USA, and is the Director of Openground, a group which offers MBSR in health and workplace contexts in Australia.

**Megan Thorpe** MA, Grad. Dip. Ed. Studies (Health), Dip. Teach.  
Megan Thorpe trained at the Karuna Institute in England with Maura Sills, the founder of Core Process Psychotherapy, a Buddhist-based psycho-spiritual psychotherapy. As well as having a psychotherapy practice on Sydney's northern beaches, Megan offers spiritual care to patients who are dying, and manages a team of volunteers who offer additional support. Megan practises in the Theravada Buddhist tradition with Ajahn Sujato.

**Lynne Bousfield** BA(Hons) MA(Hons) MAPS  
Lynne Bousfield has been studying and practicing Buddhist meditation in India and Burma for 30 years. She trained in psychology and secured the position of clinical psychologist at the Royal Prince Alfred Hospital Pain Clinic in 1992 and introduced insight meditation onto the pain education program where she still teaches. She is in private practice in Sydney and Wollongong and incorporates meditation into her general clinical work. Lynne also teaches traditional Buddhist meditation in Australia and overseas.

### John Butters MAPS

John Butters is a group and individual skills trainer in Dialectical Behaviour Therapy for outpatients at St John of God Hospital at Burwood. In this role he has principally worked with chronically self harming and suicidal individuals who have been identified as 'at risk and treatment resistant'. John has also completed training in Self Psychology and psychoanalytic psychotherapy and has been in private practice since 1999.

### John Perrin Dip. Psychoth & Relationship Coun.

John Perrin is a Certified Hakomi therapist and Hakomi teacher and holds a Diploma in Psychotherapy and Relationship Counselling from the Jansen Newman Institute. He is also the Sydney Organiser for Hakomi Workshops and Professional Training. He has studied in the Zen Buddhist tradition for many years and has a particular interest in the use of mindfulness in therapy and in the role of relationship as a vehicle for personal growth. He works in private practice with individuals and couples in Sydney.

### Brian Gutkin MB, BCh., D.TCM, D.Psychoth, FRANZCP

Dr Brian Gutkin is a Consultant Psychiatrist and Analytic Psychotherapist in private practice (St. Leonards: Dee Why) and Director of Psychiatry, South Pacific Private Hospital. He qualified in Chinese Medicine (Sydney Institute of Traditional Chinese Medicine) in which he does not currently practice but remains a strong influence. A Zen practitioner for over 13 years, he is keenly interested in Buddhism in psychotherapy and its value for health and healing.

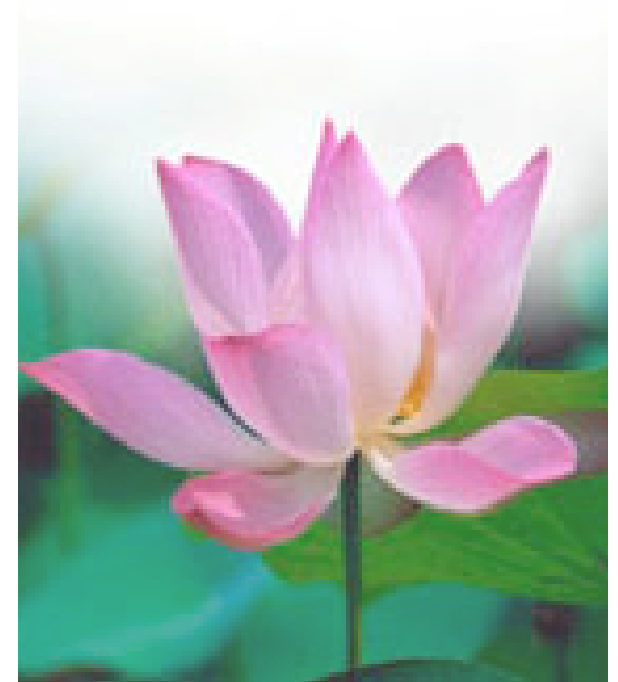
Australian Association of  
Buddhist Counsellors  
& Psychotherapists

# Mindfulness

## Theory and Practice for Helping Professionals

Saturday 26 and Sunday 27 May 2007

Colin Library, Marist Centre,  
1 Mary Street, Hunters Hill, Sydney.



**FIRST AABCAP SEMINAR**  
**Saturday 26<sup>th</sup> & Sunday 27<sup>th</sup> May 2007**

The weekend will offer a varied selection of presentations by leading psychotherapists explaining how mindfulness is practised in different modalities of therapy. There will be presentations from the Buddhist Sangha on the history, psychology and benefits of mindfulness from the Pali texts. An experiential component of meditations will be included for participants to practise the concepts and processes discussed. This will be a great opportunity to integrate mindfulness in therapy, and to deepen our own practice.

All members of the helping professions are welcome, including non-Buddhists.

**SEMINAR PROGRAM**

(Program may change if unforeseen circumstances arise)

**Saturday 26<sup>th</sup> May 2007**

- 9:30 Registration
- 9:40 Opening Blessings: *Ven Tejadharmo*
- 9:50 Welcome Address:  
*Eng-Kong Tan, President, AABCAP*
- 10:00 **Principles & Practice of Mindfulness**  
Mindfulness from the Pali Canon:  
*Ven Sujato*  
Psychological Benefits of Mindfulness  
Meditation: *Sister Ani Pema*  
Mindfulness in Daily Life: *Rev Miao You*
- 11:00 Panel Discussion: *Sangha members*
- 11:30 Morning Tea
- 12:00 **The Art & Science of Mindfulness Meditation**  
Talk and Meditation:  
*Geoff Dawson, Vice-President, AABCAP*
- 1:00 LUNCH (30 minutes in Noble Silence)
- 2:00 **Mindfulness Based Therapies – I**  
Mindfulness in Analytically-Oriented  
Psychotherapy: *Eng-Kong Tan*  
Mindfulness Based Stress Reduction:  
*Timothea Goddard*  
Core Process Psychotherapy:  
*Megan Thorpe*
- 3:00 Panel Discussion with 3 Speakers:  
*Joyce Man (Chair)*
- 3:30 Afternoon Tea
- 4:00 Meditation: *Geoff Dawson*
- 4:30 Closing Blessing: *Sangha member*

**Sunday 27<sup>th</sup> May 2007**

- 9:15 Opening Blessings: *Sangha member*
- 9:30 **Mindfulness Based Therapies – II**  
Mindfulness for Pain Management:  
*Lynne Bousfield*  
Dialectical Behaviour Therapy:  
*John Butters*  
Hakomi: *John Perrin*
- 10:30 Panel Discussion with 3 Speakers:  
*Lisa Fleming (Chair)*
- 11:00 Morning Tea
- 11:30 **Difficulties & Resistances in Meditation**  
Talk and Meditation: *Geoff Dawson*
- 12:30 LUNCH (30 minutes in Noble Silence)
- 1:30 Small Group Discussions (SGD):  
*Kristiina Jacobs (Chair)*
- 2:30 Feedback from SGD
- 3:00 Afternoon Tea
- 3:30 Summary and Concluding Remarks:  
*Brian Gutkin*
- 3:50 Closing Blessings: *Ven Tejadharmo*



**REGISTRATION FORM**

**Registration:** includes vegetarian lunch and refreshments.  
**Closing Date: 18/5/07**

Whole weekend:	AABCAP members:	\$180.00
	Non-members:	\$250.00
One day:	AABCAP members:	\$100.00
	Non-members:	\$130.00

(Student/Concession rate on application)

Name:.....  
 Address:.....  
 Phone No:..... Mobile No:.....  
 Email:.....

(Please tick) AABCAP Member: Yes  No   
 I would like to attend the whole seminar  
 I would like to attend Saturday  Sunday only   
 Special dietary requirements.....

**PAYMENT DETAILS:**

- \* Crossed cheque payable to AABCAP
- \* Bank Transfer:  
 Account Name: Australian Association of Buddhist  
 Counsellors & Psychotherapists  
 Account Number: 1009 0459  
 BSB: 062 229  
 Date of transfer: .....
- \* Card Details (Please tick): **Visa**  **MasterCard**

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 Expiry Date: \_\_/\_\_/\_\_  
 Name on Card:.....  
 Signature:..... Date:.....

**Post Registration Form to :**  
**Megan Thorpe;** Conference Convenor,  
 P.O. Box 422, Narrabeen, NSW 2101  
 or fax to 9988 4926

**Cancellation policy:** If a cancellation is received prior to 11<sup>th</sup> May, there will be a refund of 50% of the fees. After 11<sup>th</sup> May, no refunds can be made, but substitute delegates will be accepted.