

From Mindfulness to Heartfulness

Drongen 8th-10th September 2017

Conference Speakers

David Brazier

(Dharmavidya) David Brazier currently lives in France. He is the president of ITZI, the author of *Zen Therapy*, *The Feeling Buddha* and a number of other books, as well as numerous published papers and articles, including for *Tricycle* magazine. He is an internationally recognised teacher of Buddhist psychology, a Dharma teacher and head of the Amida Order, a Pure Land Buddhist sangha.

David is a doctor of philosophy and has been a psychotherapist, social worker, community worker, senior social service manager, founder of aid and education projects in the UK and overseas. He trained in psychodrama and developed a method called pandramatics. He also knew Dr. Carl Rogers and was a member of the Enabling Committee for the development of PCA internationally.

Katrien Sercu

Katrien is a Gestalt therapist, who has presented several workshops on the subject of attention towards the body in psychotherapy and ways of working integratively with a fascia therapist. She comes from the perspective of a client who suffered from the split between body, heart and mind, and as a Buddhist who has the intention to live for the benefit of all but also acknowledges how foolish we are in trying to meet such an ideal. Katrien has been a remedial educator treating clients with disabilities. She brings the personal perspective fully into her work: as a mother who had to learn a lot, as a partner, friend & neighbour who realises how difficult loving contact can be. All these experiences together provide an authentic way of working, and a vision for helping others. In this context psychotherapy has for Katrien provides the meaning of life, and is a vocation

Edel Maex

Edel Maex is a psychiatrist and he teaches Zen in Antwerp. He is a pioneer of the work with Mindfulness in a medical and therapeutic context. He has written multiple books on Mindfulness and Buddhism.

Paul Sercu

Paul graduated as a physiotherapist in 1980. It was his interest in the idea of treating people rather than sick bodies that first brought him to the field of osteopathy (1986) and then to fasciatherapy (1992). In 2000, he graduated again with a master's degree from the Universidade Moderna in Portugal. After he majored in somato-psychopedagogy with a specialization in perceptive pedagogy at the Universidade Fernando Pessoa in Portugal. Paul is the founder and head instructor of the Fascia College in Belgium (1994) where he founded several departments: fasciatherapy, somato-psychopedagogy and perceptive pedagogy. He is a researcher at the Centre d'Etude et de Recherche en Psychopédagogie Perceptive at the University Fernando Pessoa in Portugal as well as a co-founder of the Belgian Clinical Interest Group on Fascial Physiotherapy. His research- and treatment domains concern primarily non-specific and "psychosomatic" pain complaints. Heartfulness plays an important role in both of these areas. His aim is to give a place to heartfulness in biomedical medicine. In 2016, Paul wrote the book *Movement Perception Unraveled*. He regularly lectures at various foreign and domestic universities.

Ortwin Luers

Dr. Ortwin Lüers MD is a psychiatrist and psychotherapist with a specialisation in treatment of posttraumatic stress disorders, working as a consultant and coach in his private practice in Berlin. He is supervisor, counsellor and instructor for medical doctors and psychologists in training. From childhood he showed early interest in eastern arts, philosophy and culture, especially in martial arts. Following meeting his first Vietnamese Buddhist Teacher and martial arts master Lou Cao van Hoa his interest in meditation grew. He finished college in 1985 & met the Tibetan Lama Ven. Chime Rinpoche and became his student. In 1989, Ortwin met the outstanding Chinese Shaolin Grandmaster Shizu Chee Kim Thong. This led to a further discipleship and intense training in Wu Ji Chuan, a inner, soft style of martial art and Qi Gong. He trained under the Grandmaster until his passing in 2001. Ortwin received permission from Master Chee to teach the full range of teachings he had received. Ortwin's approach in working with clients includes classical western psychotherapy - especially exposure therapy - combined with the utilisation of a variety of different therapeutic tools embedded in spiritual cultivation and Qi Gong. These are used to facilitate therapeutic processing.

Caifang Jeremy Zhu

Caifang is the co-founder of Beijing Meditation and Counseling Center, research fellow and associate director of Hebei Institute of Chan Buddhism in China. He is a board member of International Transpersonal Association and sits on the editorial board of *International Journal of Transpersonal Studies* based in USA. He serves as an invited reviewer for *the Journal of Clinical Psychology and Psychotherapy* and the *Journal of Management, Spirituality and Religion*. He is a counseling supervisor in China, a member of the division "Culture and Psychotherapy" under the China Association of Mental Health. He is also a member of International Zen Therapy Institute. In 1992, he started to practice Chan Buddhism formally with the late Venerable Chan Master Jinghui, associate Chair of the Chinese Buddhist Association. In the same year he started to practice Tai Chi. He has been developing the Meditation-Initiated Integrative Therapy (MIIT) model since 2009. He has published about 30 articles internationally mainly on Buddhism and psychology. He received his masters degree from Harvard Divinity School, and Ph.D. from California Institute of Integral Studies.

Myokei Caine-Barrett

Myokei is head priest at Myoken-ji Temple & Bishop of the Nichiren Shu Order of North America. She has planned and conducted workshops on mindful conflict resolution and week-long intensive dharma retreats for her order as well as organised the international western dharma teachers' conference. She has co-facilitated healing racism programs for the last 25 years and has also presented multiple talks on dharma and race, most recently participating at Harvard Divinity School's 2017 Buddhism and Race Conference. Myokei was a keynote speaker at Sakyadhita USA Conference at the University of the West on the 1st April 2017.

Ryusho Jeffus

Ryusho, until recently, worked for the largest hospital system in Charlotte as a staff chaplain. He served Buddhist inmates at a US Federal Maximum Security Prison in Kentucky and was the head priest at Myosho-ji, Wonderful Voice Buddhist Temple in Charlotte, NC. He has written and published eight books on the Lotus Sutra, three of which have been translated into French. Ryusho is an ordained priest in the Nichiren Shu Buddhist tradition having received ordination in Japan after many years of training. He is a Board Certified Chaplain having met the necessary requirements as well as having passed committee for the Association of Professional Chaplains, the national certifying body. He has a BA in Arts and Letters and an MDiv. Ryusho is all but retired from his main duties as a Nichiren Shu priest.

Elena Barakhova

Elena Barakhova is Russian certified psychotherapist, art therapist, hypnotherapist, translator. She graduated from I.M. Sechenov First Moscow State Medical University and became general practitioner. She had been practicing for a while, but then she found that medication is not enough to cure person. To cure the body one must first ensure the health of the soul, to put it in Socrates words. Ericksonian paradigm is the basement of her work and she also integrates Buddhist psychology, mindfulness, art-therapy and mind-body- healing (somatic) therapies oriented therapy in her practice. She believes that every human being is a Universe with a plenty of stars, planets, black holes, resources. Therapy is a journey to find that everything is already exists, just need to be awakened, and healing can happen with love and care.

2014, Co presenter and translator for Dr. Ronald Alexander at International Center of Professional Development Coachspace - Mindfulness and Ericksonian Hypnosis for Treatment of Psychosomatic Disorders, Moscow, Russian Federation

2015, Co presenter and translator for Dr. Ronald Alexander at Institute of Group and Family Psychology and Psychotherapy, Moscow, Russian Federation - The Power of Mindfulness and Ericksonian Hypnosis: Transforming the Mind, Body and Emotions to Ignite Your Creativity and Intuition

2015, Guest speaker at Esalen Institute Big Sur, CA, USA - Mind, Mood and Happiness

Bert Stienaers

Bert Stienaers is a Gestalt-Therapist and Coach and has been guiding both individuals and groups in different contexts since 1994. Through his personal learning path, he came into contact with Mindfulness, Yoga and Buddhist Psychology. In 2009, he followed his first workshop in NVC (aka Non Violent Communication, developed by Marshall Rosenberg). Thanks to further education he came into contact with Robert Gonzalez who taught him how to bring NVC into cultivating compassion in oneself, to help the healing of old pain and work with negative beliefs. The impact on his own process has encouraged him to extend it and apply others in the work he does with them. The workshop Bert will give is a practical application to this integrative process. In shortened form, people get the opportunity to explore how to cope with the challenges to compassion when confronted with difficult and painful events, thoughts and beliefs.

Irène Kaigetsu Kyojo Bakker

Irène is a certified zen teacher from the Netherlands, a Zen priest and Dharma successor of Joan Jiko Halifax Roshi.

She serves as teacher for Zen Spirit, which she founded in 2004. As family and systems therapist, she worked with people with cancer, end-of-life care, in psychiatry, and private therapy practice. As a mindfulness trainer she taught future MBSR trainers at the College / School for Social Work in Utrecht, Netherlands and is a meditation supervisor for the Dutch Institute for Mindfulness. Besides zen training and retreats, she offers workshops on end-of life care, mindfulness and the Big Mind-Big Heart process.

Ksaf Vandeputte

Ksaf worked as social worker and therapist up until 1988 and trained in Gestalt, systemic and contextual therapy and focusing. He writes columns on buddhism and poetry. He has also organised workshops on meditation, creativity, dreamwork and Buddhist therapy. Since the beginning of his career as a therapist he has worked with elements of a Buddhist approach. Ksaf is retired but continues to work as a private therapist and to give workshops and lectures. He is a founding member of the Belgian Pure Land sangha.

Wendi Winnelinckx

Based in Belgium, Wendi is a creative therapist, mindfulness trainer and heartfulness & compassion trainer. She has been working for seven and a half years with “High Sensitivity” clients in therapy. She studied psychology and is just ending a four year training in Integrative Psychotherapy.

Under supervision of Prof. dr. Elke Van Hoof (University of Brussels - VUB) Wendi is undertaking a doctorate programme. She has led retreats, eight week long trainings, daylong workshops and lectures on the subjects of heartfulness and compassion, and high sensitivity.

Wendi has worked with Tara Brach, PhD, to translate her work into Dutch and is submitting a proposal for the Varela Award to obtain funds from the Dalai Lama’s foundation in order to research Heartfulness and Highsensitivity.

With her work Wendi says: “I try to make a childhood dream come true - to live with love and compassion.”

Iris Dotan-Katz

Iris Dotan Katz is an Israeli clinical psychologist, a Buddhist practitioner, a peace activist and organizer working in Palestine, Israel & Sri Lanka, often with her social innovator partner Tani Katz. She has participated in the Zen Peacemakers Bearing Witness Retreats in Rwanda, Black Hills and repeatedly at Auschwitz. Iris is one of the co-organizers of the upcoming 2017 Bosnia Bearing Witness Retreat.

Sven De Weerd (PhD)

Sven De Weerd studied organizational psychology and business economics, and works as an internal consultant in the University Hospital of Leuven, mostly in the area of leadership development. He is a “teaching” staff member of HR Leadership (Unv. of Hasselt) and provides an experiential post-academic learning program for HR business partners. He also teaches Philosophy of Science at the University of Hasselt, and is a member of the board of Kwadraet (Stichting Lodewijk de Reat), a socio-cultural organization that supports co-creative initiatives within and between

organizations, such as local governments. His life and work is inspired by Buddhist as well as constructionist insights.

Dr Bernard Payrau

Bernard Payrau has a background following the Indian tradition, his central Marga (path) being Karma Yoga, or “Advaita Vedanta”. He has followed Hatha Yoga with Eva Ruchpaul (Paris) since the age of 24, Raja Yoga with additional studies in Çamkhya and Indian physiology with Serge Grousset disciple of T.K. ShriBhashyam. He has had multiple sessions with Swami Vijaï Ananda (Haridwar) a close disciple of Shree Ma Ananda Mayee added with several retreat sessions in several Ashrams of Shree Ma Ananda Mayee Sangha, Jacques Vigne’s fellow traveller in spiritual seeking; Meditation with and Darshan of Amma.

From a Buddhist perspective he has received teachings from HH Dalai Lama (Karma Ling 1997), attended a training seminar on Mental Health in Vajra Vidya Institute (Sarnath), a spiritual retreat in the Amitabha Monastery (Kathmandu).

Medical Practice and Teaching

Bernard has practiced as physician for 40 years and has with skills in homeopathy and in fasciatherapy. He is the caregiver to several spiritual masters (Christian, Lakota, Indian).

He is co-founder, and has been the executive manager for of the Homeopathic CEDH School in Paris for 15 years. He is the Training leader for the post graduate course for homeopathic physicians, an international lecturer in homeopathy and contributor to homeopathic journals.

Bernard also provides training in Fascia therapy in France, Belgium and Greece. He has been a member of the scientific committee of the CERAP research laboratory at Fernando Pessoa University in Porto (Portugal), is a published author in the field of fasciatherapy, lectures in conferences and congresses. Since 2015 he has been presenting the results of a clinical research on stress management (FRCIV Washington 2015, European Fascia Congress Brussels 2016, Montpellier 2017 and Bangalore shortly).

Karin Verhaest

Karin Verhaest facilitated the last ITZI conference three-day conference in Madrid in 2015. She is an experienced organisation consultant and change manager with extensive experience inside corporations as project, operations and quality manager, and outside as a process facilitator, trainer, coach. Karin sees herself as a companion to organisations and leaders on their path to change and transformation.

Karin is interested in systemic intelligence, connecting the hard side of business (results, systems & processes) and the soft side (people & culture). She focusses on leadership development, culture transformation, and employee engagement She is an expert facilitator, trainer and coach, and familiar with large-scale interventions. Karin is a long term Buddhist practitioner, a Lay Order member with the Order of Amida Buddha & one of the founder members of the Belgium Pure Land sangha.

Work and living experience in multiple countries and cultures. Fluent in Dutch, English and French.

Jñañamati Williams

Jñañamati is a state registered art therapist (in the UK), Buddhist orientated psychotherapist, Pure Land Buddhist priest with the Amida Order, a teacher of Buddhist psychology, retreat leader, chaplain & spiritual mentor.

He also has a diploma in relational trauma therapy, is board member of ITZI and provides spiritual care in the health sector, including general hospitals and hospices in Worcestershire. Jñañamati runs retreats and practice intensives using art media and the creative process. He is the administrator and main contact for the conference.