

From Mindfulness to “Heartfulness”  
Workshop Schedule

**Day One: Friday 8<sup>th</sup> September**

**Keynote**

**David Brazier, Buddhist Teacher and writer**

*“The Perspective of Buddhist Psychology in Our Fractured Contemporary World”*

**Morning sessions**

**1. Edel Maex, psychiatrist & Zen Buddhist**

Can there be mindfulness without “heartfulness”?

*An exploration of the central theme of the conference - how mindfulness without heart cannot be considered true mindfulness*

**2. Paul Sercu, Fascia Therapist**

The Body as the Way to “Heartfulness”

*‘Heartfulness’ is reached through body awareness, assisted by the hands-on methods of fascia therapy. A demonstration of how awareness is achieved through a specific protocol in which personal experience is used as a basis for insight.*

**Afternoon sessions**

**1. Bert Stienaers, Gestalt therapist and coach**

Living from Compassion

*A workshop based on Marshall Rosenbergs system of “Connective Communication” by way of reflecting on and making contact with the beauty of personal needs*

**2. Katrien Sercu, Gestalt Psychotherapist**

Psychotherapy as Buddhist Vocation

*A exploration of how unconscious bodily patterns influence us, closing our hearts and narrowing our vision and how we can be more open for the love and wisdom that is already there.*

**3. Dr Bernard Payrau, physician & fascia therapist**

A Physician as Witness at the Crossroads of Knowledge and Heart

*A workshop providing participants with a direct insight into heart-centred training in sensorial self-examination, silent heart-to-heart dialogue and a manual fascia based approach to working with a person*

**Panel Discussion**

What Buddhism brings to the world of contemporary therapies with  
**David Brazier, Edel Maex, Paul Sercu & Caifang Zhu**

## Day Two: Saturday 9<sup>th</sup> September

### Morning Sessions

#### **1. Caifang Zhu, co-founder of Beijing Meditation and Counseling Center**

Meditation Initiated Integrative Therapy

*This workshop integrates sitting and walking meditation with group sharing as a basis for demonstrating experientially how the healing this provides can support explorative therapeutic communication*

#### **2. Elena Barakhova, psychotherapist, art therapist & hypnotherapist**

Integrating Buddhist psychology, Eriksonian therapy & Art-therapy in Clinical Practice

*A workshop demonstrating how mindfulness and Buddhist philosophy can be integrated in the context of working with fertility patients, many of whom have a lack of control over their body and life situation*

#### **3. Irène Bakker, Zen teacher & priest, Systems therapist & mindfulness trainer**

Big Heart - Big Mind – Embracing it all

*A workshop presenting the “Big Mind-Big Heart process” (developed by Genpo Merzel Roshi) where Buddhist insights and Jungian psychology come together. Participants will explore and experience what it means to be fully human. The process also allows the ego to step aside without fear, so our intrinsic wisdom and compassion can be manifested.*

### Afternoon Sessions

#### **1. Mo and Peter Henderson, Psychotherapists and Mindfulness facilitators**

The Impact of Feedback in the Workplace

*This workshop explores the impact of feedback in work relationships through personal effectiveness training and guided by elements of the ‘Eightfold Path’. This is illustrated through the medium of role play, exercises and discussion.*

#### **2. Dr. Ortwin Lüers, psychiatrist and cognitive- behavioural therapist** **Introduction to Vajra Technique**

*An exploration of a technique that shows how to work with the important underlying common challenges in the psychotherapy of trauma from a neurophysiological and contemplative Buddhist perspective.*

#### **3. Natividad Menéndez, Psychotherapist and student of Buddhist psychology**

The Four Noble Truths: The gift of a vulnerable heart

*This workshop explores how we are living a time when it is difficult to let go of control and delusion and how there is a blessing in our human*

*condition that can save us and restore our lack of faith. The wisdom of the Four Truths for Noble people is a powerful inspiration to live real and wholehearted lives.*

### **Panel Discussion**

The future of Buddhist informed therapies and compassion centered practice in Western healthcare with **Ksaf Vandeputte, Ortwin Lüers, Irène Kaigetsu Bakker & Elena Barakhova** chaired by **David Brazier**

### **Day Three: Sunday 10<sup>th</sup> September**

#### **Morning Sessions**

**1. Xavier Vandeputte, Therapist, writer and meditation teacher**

My Path from Western to Buddhist Therapy

*A presentation of transformation from following a common western model of therapy to one that integrates Buddhism and Buddhist ideas.*

**2. Iris Dotan Katz, clinical and organizational psychologist**

From Inner Peace to Outer Peace

*A workshop about how “heartfulness” in Buddhist psychotherapy is a means of accomplishing mindfulness to manifest compassionate praxis and as a means of raising social awareness*

**3. Sven De Weerd (PhD) organizational consultant, academic & Buddhist**

Examining the self-centered & other-centered tendencies of the mind/heart

*A workshop to explore how impersonal mind/heart dynamics can be discovered perpetually in the ‘here and now’, and, if properly taken care of, make us aware of our connection to others and the world we live in.*

#### **Afternoon Sessions**

**1. Ryusho Jeffers, Nichiren Buddhist Chaplain & Myokei Caine-Barrett, Head priest at Myoken-ji Temple & Bishop of the Nichiren Shu Order of North America**

Ichinen Sanzen Theory and Internal Family Systems Theory

*An overview of the basic theory of Ichinen Sanzen, utilizing the framework of 10 worlds [realms] theory. The workshop will include experiential learning exercises in large and small groups*

**2. Wendi Winnelinckx, Creative therapist and mindfulness trainer**

Heartfulness and High Sensitivity

*An exploration of how “high sensitivity” arises in people and in society and how heartfulness can be very useful in working with this condition when encountered in therapeutic work*