



BEYOND MINDFULNESS

THE SUBLIME ATTITUDES AS A FOUNDATION FOR COMMUNITY SERVICE PART TWO: COMPASSION AND APPRECIATIVE JOY

A DAYLONG MEDITATION RETREAT FOR SERVICE PROVIDERS

with Scott Lawrance Ed.D, RCC and Brian Williams MA, CCC | connect@briandeanwilliams.com | 778 320 8586

workshop

Sometimes when assisting others with counselling, social work, nursing, activism, or other forms of engagement, we may neglect our own need for healing and renewal. The intention of this one-day retreat is to provide both mutual support and learning through meditative practices and discussion, for those who are engaged with compassionate work in the community.

Mindfulness has garnered significant attention in clinical settings in recent years. Buddhism has a rich tradition of practices that not only support and sustain mindfulness, but also have the potential to directly transform problematic experience and behaviour for service providers and clients alike. In the first Beyond Mindfulness workshop, we worked with the Brahma Viharas (also known as the Sublime Attitudes or the Immeasurables) of Loving-kindness and Equanimity. With guided meditation sessions, group discussions, and in small groups, at this workshop we will explore Compassion and Appreciative Joy. We will have opportunities to discuss how these practices might support ourselves in our work, and those we assist in our communities.

facilitators

Scott Lawrance is a counsellor educator who has worked extensively in schools, private practice, wilderness therapy, counsellor education, and EAP. He has been a practitioner of Vajrayana Buddhism for over 40 years.

Brian Williams works with the Raincity Housing First ACT Team in Vancouver, and in private practice. He has led mindfulness training programs for service providers, participants in residential training programs, and at-risk youth.

b. now
b. present
b. connected

details

SUNDAY MARCH 25 | 8:30 – 5:00

COST | Suggested donation of \$30 – \$150, no one turned away for lack of funds

LOCATION | Child and Youth Mental Health Team office
2750 East Hastings Street, 3rd Floor, Vancouver

WHAT TO BRING | Water bottle, bagged lunch (restaurants nearby if preferred), yoga mat and cushion for sitting meditation (chairs available if preferred).

TRANSPORTATION | Pay parking underneath building on P1 level, or on street / behind London Drugs. Bike parking in front of building. Hastings bus stops outside building at Slocan. Building is wheelchair accessible with street-level access and an elevator.

WHO MAY ATTEND | All levels of meditation experience and professions are welcome. There is no requirement to have attended part one of this workshop. While these teachings are grounded in the Buddhist tradition, there is no need to abandon one's own beliefs, or to be Buddhist, to participate. This event is intended to be safe, friendly, and inclusive for persons of all cultures, persons from LGBTQ communities, and persons with physical disabilities.

TO REGISTER | Email connect@briandeanwilliams.com for registration information. Limited to 30 people. Non-refundable deposit of \$20 is required in advance to confirm registration.