

JEROME J. FRONT M.A., M.F.T.

www.SystemsWorkshops.com

12456 Ventura Blvd., Suite 2A, Studio City, CA 91604

phone: (818) 760-7725 email: frontmail@earthlink.net fax: (818) 760-2340

Mindfulness & Psychotherapy Conference / UCLA

October 5, 2007 - Notes & Reflections for Workshop Participants

workshop: OPENING THE SENSES: EXPLORING THE BUILDING BLOCKS TO INTERIORITY AND RELATIONSHIP

Our body is always speaking to us using the interior language of sensation and movement.

Mindfully attending to sensory meditations are a way that we can cultivate a precise and widening awareness of our unfolding experience. Sensory meditations grow out of a tradition that was used to introduce Zen practice to the West. Their real-time, felt essence also makes them uniquely situated for the expanding the training of therapists. Recent studies suggest, for example, that hearing is deepened when it is primed with cross-sensory stimulation. Other work suggests that as we become more attuned to interoceptive sensations such as our heart beat, we deepen a felt sense of knowing, akin to the original meaning of empathy, "einfuhlung" or a feeling into immediate experience.

As the domains of our moment-to-moment knowing widen, qualities that are essential to relationships such as receptivity, beginner's mind and empathy find fertile ground. This workshop will be an experiential lab for practicing mindful awareness. Our time together will begin with a discussion of interior knowing and its relevance to our clinical work. This will be followed by sensory meditations blended with silence, reflection and group discussion. Weather-permitting, this workshop may take place outside.

Learning Objectives: Afterwards, participants will be able to: 1) Utilize meditative activities that can cultivate embodied moment-to-moment interior knowing / intrapersonal attunement; 2) Describe how the interior knowing and attunement can be extended into mindful speaking and listening; 3) Discuss how relational and heart skills such as empathy, receptivity, compassion can be identified during real-time practice and kindled for therapeutic relationship.

Recommended Readings / Resources: The list isn't meant to be comprehensive, it provides different trajectories that cover the territory of the workshop so that your explorations can continue and be deepened.

Sensory Awareness: The ReDiscovery of Experiencing through Workshops with Charlotte Selver by *Charles Brooks*

Coming To Our Senses: Healing Ourselves and the World Through Mindfulness by *Jon Kabat-Zinn*

JEROME J. FRONT M.A., M.F.T.

www.SystemsWorkshops.com

12456 Ventura Blvd., Suite 2A, Studio City, CA 91604

phone: (818) 760-7725 email: frontmail@earthlink.net fax: (818) 760-2340

Mindfulness & Psychotherapy Conference / UCLA

October 5, 2007 - Notes & Reflections for Workshop Participants

workshop: **OPENING THE SENSES: EXPLORING THE BUILDING BLOCKS TO INTERIORITY AND RELATIONSHIP**

Recommended Readings / Resources: (continued)

Heal Thy Self: Lessons on Mindfulness in Medicine *by Saki Santorelli*

Peace is Every *by Thich Nhat Hanh*

The Miracle of Mindfulness *by Thich Nhat Hanh*

The Mindful Brain *by Daniel Siegel*

The Neuroscience of Human Relationships *by Louis Cozolino*

Social Intelligence *by Daniel Goleman*

Mindfulness and Psychotherapy *Editors: Germer, Siegel & Fulton*

Psychotherapy and Buddhism: Toward an Integration *Jeffrey B. Rubin*

Contexts of Being: The Intersubjective Foundations of Psychological Life *by Robert D. Stolorow & George E. Atwood*

Body-Centered Psychotherapy: The Hakomi Method *by Ron Kurtz*

Focusing *by Eugene Gendlin*

Sources: Continuing Education / Meditation Classes / Retreats:

www.programs@insightla.org

www.JeromeFront.com