All programs held at Pyle Center
702 Langdon St.

Soul Injury, Forgiveness, and Mindfulness
Fall 2016

These programs are offered by UW-Madison in cooperation with UW-Extension.

Cover art: ‘Sacred Spiral’, by Helen Klebesadel, Klebesadel.com

General Information

Lodging and Parking: Please make your own travel and lodging arrangements. For Pyle Center directions and parking: conferencing.uwex.edu

Lunch: Enjoy lunch on your own at the many nearby restaurants or at the UW-Madison Memorial Union, located one block away. Outside food items (including items from home) are NOT allowed to be consumed at the Pyle Center.

Cancellation Policy: Cancellations made at least three full business days before a program begins will receive a full refund minus a $25 administrative fee.

Weather Policy: In the event of impending severe weather or other public emergencies, visit continuingstudies.wisc.edu or call 608-263-4432 to learn whether a UW-Madison Continuing Studies program or class has been cancelled.

Continuing Education Credit Information: See continuingstudies.wisc.edu/ceu-approved-hours.html for approved continuing education provider information.

Questions? Contact Barbara Nehls-Lowe at barbara.nehlslowe@wisc.edu or 608-890-4653. If you would like to request an accommodation, please contact Andy Richardson at 608-262-0557 or email andy.richardson@wisc.edu. Requests are confidential.

About Your Instructors

Mare Chapman (MA), has been studying and practicing mindfulness and teaching classes in Insight Meditation, which cultivates mindfulness, for more than 20 years. She finds mindfulness to be the most effective and empowering tool for transforming our deeply ingrained conditioned patterns, and for handling the full gamut of challenges life gives us with greater ease and stability.

“Great speaking, style of presenting, very relaxing, warm, open!”

Robert Enright (PhD), a licensed psychologist and a professor of educational psychology at UW-Madison, has been a leader in the scientific study of forgiveness and its effects since 1985. He is the author of more than 100 publications including five books. His recent work has been in schools within conflict regions such as Belfast, Northern Ireland, assisting teachers to deliver forgiveness programs to students.

“I have taken a number of continuing education courses here at UW, and this has been the best.”

Deborah Grassman is a mental health and hospice nurse practitioner whose career at the VA spanned 30 years where she personally cared for more than 10,000 dying veterans. She is CEO and co-founder of Opus Peace, a nonprofit organization whose mission is to provide educational programs that respond to the soul injury that occurs during trauma, abuse, self-neglect, and chronic/serious illness. She is the author of two books: Peace at Last and The Hero Within.

“Grassman clearly and powerfully shares her deep understanding of the trauma her patients have experienced and the skills she has developed to help them express the hurt, thus beginning the healing they desperately seek.”

Free Public Lecture and Panel
Pyle Center, Oct 19, 7-8:30pm

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FREE!
Integrating Mindfulness Meditation into the Clinical Setting with Mare Chapman

Sep 21-22, 9am-4pm
CEU's: 1.2
Fee: $300

The practice of mindfulness is being incorporated into a wide range of settings in our society, from elementary school classrooms to hospitals, prison cells, businesses, and board rooms. Backed by a plethora of scientific studies validating its numerous benefits, the applications of mindfulness seem unlimited. Although this gain in popularity may make it seem like a fad, mindfulness is an ancient practice rooted in Buddhist psychology, aimed at training our minds to transform the causes of suffering and cultivate the conditions for sustainable happiness. As clinicians it’s important to understand both the foundational concepts that accompany mindfulness as well as the methods, so we can effectively offer its profound benefits to the people we serve in ways that align with the integrity of its lineage.

This two-day workshop, combining both experiential learning, key concepts of Buddhist psychology, and methods for application, we explore the principles of mindful learning, key concepts of Buddhist psychology, and methods to apply in your work as well as in your life.

Learning Objectives:
1. Define mindfulness and its basic principles.
2. Understand the core concepts of Buddhist psychology.
3. Experience and learn a basic meditation practice.
4. Understand the scientific findings on mindfulness.
5. Understand the root cause of much of our suffering and how mindfulness addresses this.
6. Learn methods for working with painful sensations and difficult emotions.
7. Learn core practices you can easily incorporate and apply in your work as well as in your life.

Forgiveness: A Pathway to Emotional Healing with Robert Enright

Wed-Thu, Oct 5-6
Wed, 9am-4pm; Thu, 9am-3pm
CEU's: 1.1
Fee: Day One: $150, Both days: $275

This program on the psychology of forgiveness addresses critical questions for anyone interested in bringing emotional healing to individuals, families, and communities: What is forgiveness? Why forgive? How do people forgive? How can we bring forgiveness to families, schools, the workplace, and other communities for better emotional health? Day Two provides a deeper look at the psychological and educational professions with applications for life and work.

Learning Objectives:
1. Describe what the term “forgiveness” means.
2. Integrate the life-giving qualities of forgiveness into relationships with clients and others.
3. Identify the uses of forgiveness therapy in partnering relationships, in coping with divorce and abandonment and with oneself.
4. Describe how to teach children the art of forgiveness.

NEW!
Soul Injury: A New Paradigm for Responding to Trauma with Deborah Grassman

Wed-Thu, Oct 19-20, 9am-4pm
CEU's: 1.2
Fee: Day One: $150, Both days: $275

Day One: Soul Injury—Liberating Unabominated Loss
This day will include teaching on soul injury, the consequences of unbound loss, ways to liberate unbound loss, caregiving, and self-compassion. It is designed for anyone working with people who have experienced trauma: veterans, hospice workers, doctors and nurses, educators, first responders, social workers, counselors, pastors, nursing home administrators, staff, hospital administrators, therapists, funeral home directors, and those working for social justice. Attendees will learn how soul injuries cut us off from the energy of our deepest self, robbing us of the essence of our being.

Learning Objectives:
1. Contrast “normal” grief, “complicated” grief, chronic sorrow and depression.
2. Verbalize at least 3 ways to provide support with people experiencing loss and change.
3. Define soul injury, its characteristics and populations at risk.
4. Contrast the treatment between soul injury and PTSD.
5. Identify at least 6 ways that traumatized people and their families can respond to the pain of soul injury.
6. Identify the fundamental role of rituals in facilitating grief recovery.
7. Distinguish between martyrdom, heroism, codependency, and being the “perfect caregiver.”

Day Two: Soul Injury—Liberating Unforgiven Guilt
This day offers teaching on soul injury and PTSD, finding the hero within, forgiveness, and soul restoration. This includes an experience of healing for those working with people experiencing trauma, and for traumatized people and their families. Their three-dimensional design provides education for the mind, safety for the heart, and courage to develop a new relationship with wholeness in the soul.

Participants will learn how to re-own and re-home scattered pieces of self by cultivating personal intimacy with the part of self that is carrying emotional pain. Connecting with the part of self that is generating the pain paradoxically restores wholeness.

Learning Objectives:
1. Verbalize the relevance to PTSD of the brain circuitry—especially the amygdala, as well as the “Me” brain.
2. Contrast pre-trauma brain behaviors with post-trauma brain behaviors.
3. Define forgiveness, its value and the effects of non-forgiveness.
4. Identify tools that facilitate forgiveness.

Free Public Lecture
Pyle Center, Oct 19, 7-8:30 pm
Deborah will offer a 30-minute talk about soul injury. After her talk, a local panel of experts and lay people will share their stories. Questions and answers will follow.

Learning Objectives:
1. Contrast “normal” grief, “complicated” grief, chronic sorrow and depression.
2. Verbalize at least 3 ways to provide support with people experiencing loss and change.
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