

Beyond Guilt

David Brazier, Ph.D., & Caroline Brazier, M. Phil.

Saturday, January 10th, 2009 8:30 am - 4:30 pm

A WORKSHOP FOR PROFESSIONALS

Many people experience feelings of guilt and shame which sap their confidence and reduce their capacities to live happily. In extreme cases, feelings of guilt can hamper a person's life, leaving them restricted and defensive. Counselors and psychotherapists working with clients who experience guilt often feel drawn to reassure and offer strategies to eradicate guilty feelings and build self-esteem, but such measures can be counter-productive as they may simply drive the feelings of guilt underground, creating added layers of shame if the client believes in their heart that they have acted wrongly. Coinciding with the publication of Caroline Brazier's book on the topic, this workshop will look at the complexity of this topic, exploring the differences between real guilt and felt guilt, and the factors of self-image, personal history and family ambiance which may be at play in such experiences. In particular it will look at the Western burden of judgmentalism and at ways of moving beyond this into a more productive relationship with our pasts. This workshop will use discussion and experiential exercises to explore ways of working with guilt. We will look at the experience of guilt as a multi-layered perception and explore new ways of helping people to perceive life events through the use of various kinds of other-centered work. We will discuss relevance to client work and explore methods that can be used in the therapeutic setting.

ABOUT OUR PRESENTERS



We are excited to welcome back David and Caroline Brazier to Redding. As psychotherapists and practicing Buddhists, they have been active in training British and American psychotherapists in Buddhist Psychology and its clinical applications. We have included a page with their publications. More information on training they offer and their work in both Buddhism and psychotherapy can be found at: <http://www.amidatrust.com/>.

LUNCH: Lunch will be on your own. Light snacks are provided. You can bring a lunch or go to nearby restaurants and stores if you prefer.

FOR MORE INFO: Alexa Singer-Telles, MFT 246-8317 or Terry Helbick, Ph.D. 243-2439.

COSTS:

Postmarked by 12/20/08 After 12/20/08

LCSW/MFT/PhD/PsyD/Other
(includes 6 hrs CEU)

\$90.00

\$105.00

Intern/Student

\$60.00

\$75.00

LOCATION: Home of Terry and Greg Helbick-White, 15917 Frontiersman Dr. in West Redding

Enrollment is limited. Directions to the seminar will be e-mailed or snail mailed along with a confirmation.

TIME: Registration begins at 8:30 am. The program will begin promptly at 9:00 am.

REGISTRATION FOR *Beyond Guilt*

Saturday, January 10, 2008 8:30 – 4:30

Name:

(Please print as you want your name on your Certificate of Completion if you want CE credit)

Address:

License # _____ Email:

Phone # _____ Seminar Fee: \$ _____

Practicing psychotherapist Student Mental health intern

Other related professional field: _____

Familiar with Buddhist concepts Have used Buddhist approaches in psychotherapy

Not familiar with Buddhist concepts Have attended a workshop with the Braziers before

Make checks payable to: Dr. Terry Helbick

Mail to: 1246 East Street, Redding, CA 96001

Six hours of CE Credit for this workshop are available to MFTs and LCSWs through Dr. DaLene Forester, a BBS Provider, #PCE 3287. Sorry, we are not able to offer credit to Psychologists.

Registrants canceling up to 72 hours before the workshop will receive a tuition refund less a \$25.00 administrative fee. No refund for less than 72 hours cancellation. A \$25.00 service charge applies to each returned check.



DAVID BRAZIER: Is the leader of the Amida Order and founder of the Trust's psychotherapy training program on which he teaches. He is author of *Beyond Carl Rogers* (Constable Robinson 1993); *Zen Therapy* (Constable Robinson 1995); *The Feeling Buddha* (Constable Robinson 1997); *The New Buddhism* (Constable Robinson 2001) *Who Loves Dies Well* (O-Books 2007); *Love and its Disappointment* (in press, O-Books 2009) and numerous other papers and articles on the subject. He also offers retreats and is an international trainer.

CAROLINE BRAZIER: Is the course leader of the Amida Trust Psychotherapy Training Programme based in the UK. She is author of *Buddhist Psychology* (Constable Robinson 2003); *The Other Buddhism* (O-Books 2007); *Guilt* (in press, O-Books 2009) and *Listening to the Other* (in press O-Books 2009) and *Other-Centred Therapy* (in press O-Books 2009) as well as other papers and articles on the subject. She offers training and workshops internationally on Buddhist Therapeutic Approaches.

Books on Buddhism and psychology by David and Caroline Brazier

Brazier, C. 2003 *Buddhist Psychology*, Constable Robinson UK (also published as: *Buddhism on the Couch* Ulysses US)

Brazier, C. 2007 *The Other Buddhism* O-Books UK & US

Brazier, C. 2009 *Guilt* O-Books UK & US (due February)

Brazier, C. 2009 *Listening to the Other* O-Books UK & US (Due May)

Brazier, C. 2009 *Other-Centred Therapy* O-Books UK&US (Due October)

Brazier, D. 1995, *Zen Therapy* Constable Robinson, UK; Wiley US

Brazier, D. 1997, *The Feeling Buddha* Constable Robinson, UK; Palgrave US

Brazier, D. 2007 *Who Loves Dies Well* O-Books UK & US

Brazier, D. 2009 *Love and its Disappointments* O-Books UK & US (Due August)