

Authentic Presence: The Art of Psychotherapy



A Professional Course With Ken Bradford, PhD

An 8-month advanced training program in Existential-Contemplative Therapy focusing on:

- ❖ Intertwining a mindfulness-based practice of relational presence with existentially-grounded psychotherapy.
- ❖ Developing skillful means of intersubjective inquiry and therapeutic conversational competencies.
- ❖ Cultivating the healing play of unconditional presence.

This experiential program integrates the therapeutic approach of Jim Bugental with the principles and meditative practices of Buddhist-nondual wisdom with Heidegger's holistic vision of human *being*. The art of authentic presence and attunement to body, energy and mind will be practiced to develop skillfulness in therapeutic speaking and listening. We will consider how this approach might work with the various persons, problems and populations we encounter in our clinical practices and personal lives.

This is a 36-hour course that meets during 4 weekends: April 9-10, June 11-12, September 10-11, & December 10-11, 2011. (Saturdays 10-5 & Sundays 10-1) Meetings will take place in Berkeley.

Course Cost: \$675 (\$200 deposit due by February 11, 2011)

Contact: Ken Bradford (ken@bradfordphd.com) for more information.
Mary Smyer (mary@smyer.com) to register.