

Radical Authenticity: Liberating the Everyday Divided Mind

An Existential-Humanistic Institute Workshop

SATURDAY, JULY 10TH

10 AM-1 PM, PACIFIC
VIA ZOOM

[REGISTER HERE](#) or visit
www.ehinstitute.org

\$35/\$20/\$10

3 CEs (pending approval)
For more CE info contact
us at info@ehinstitute.org
CE fee: \$18.50

*APA Division 32, Society for Humanistic Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. APA Division 32, Society for Humanistic Psychology maintains responsibility for this program and its content.

Accessibility: It is the policy of EHI to make every reasonable effort to provide attendees with disabilities the opportunity to take full advantage of its programs. Please contact us in advance so we can work with you arrange programming to needs. Please contact Michelle: program@ehinstitute.org or by phone at 415-689-1475.

The polarized mind that plays havoc politically and relationally is an extension of the everyday divided mind, or divided self, which gives rise to all manner of anxiety, despair and confusion. All human conflict – outer as well as inner – arises from a singular root. Cut that root and its branches of physical tightness and psychic confusion, leaves of relational discord and personal discontent, and bitter fruit of feeling anxious, depressed and irritable – perpetually wanting – dissolve.

Radical Existential and Buddhist psychology recognize there is a basic – quite normal and innocent – split in human consciousness that divides perceived objects and others “out there” from a perceiving subject “in here.” This underlying bi-polar disorder of everyday consciousness is the object-subject split that dominates our mind by confusing projections for reality as it is. Pitting self against world, us against them, conscious reason against unconscious compulsion, everyday mind oscillates between moments of self-infatuation and self-hatred.

Everyday dualistic vision reifies the flux of experience to the extent we identify “me” as a being separate from being as such. The compulsive striving to defend and promote our self as a self-grounded entity severs us from the ground and innate well-being of undivided, authentic presence.

Whether or not political, relational, psychological or physical problems are solved, it is possible to befriend impermanence – the flux of experience forever unresolved – in a way that is supple, attuned, creative and carefree. But only insofar as we are able to drop our ego-shields and dare genuine openness and radical freedom, undivided in mind and untethered to our projections.

Our Presenter: Ken Bradford, PhD



Ken Bradford, Ph.D., is a clinical psychologist, currently offering advanced training, workshops, and lectures in the United States and Europe in Contemplative-Existential oriented psychotherapy and consultation. Formerly, he was in private psychotherapy practice for 25 years, an Adjunct Professor at John F. Kennedy University and CIIS, Co-Director of Maitri Psychotherapy Institute, and a teaching associate with Jim Bugental. Ken has been a practitioner in the Theravada and Tibetan Buddhist traditions since 1975, and engaged in introducing meditative sensibilities and nondual wisdom streams into the experience-near

practice of psychotherapy since 1988. His publications include, *The I of the Other: Mindfulness-Based Diagnosis and the Question of Sanity; Listening from the heart of silence: Nondual wisdom and psychotherapy, Vol. 2* (with John Prendergast); and articles addressing “Therapeutic Courage” & “The Play of Unconditioned Presence in Existential-Integrative Psychotherapy,” among other topics at the interface between Existential-phenomenological and Buddhist thought & practice.