

David Brazier

Visit to Edinburgh, Scotland, 22-30 November 2014

Day Workshop for Professionals: Zen Psychotherapy: Going beyond Mindfulness

Venue: Stockbridge House, 2 Cheyne Street, Edinburgh, EH4 1JB

Date: Saturday 22 November 2014

Time: Registration: 9.30am-10am. Event: 10am-5pm



The Buddhist tradition includes some of the world's earliest texts on psychology and there has recently been wide interest in what this rich source can offer to contemporary psychotherapy.

Current interest in mindfulness is only the tip of the iceberg. Many of the methods common in contemporary psychotherapy are anticipated in the tradition, but commonly with significant differences of emphasis over, for instance, the nature of the self, the modes of conditioning of the mind, the nature of psychological liberation and the relative importance of solitude and relationship.

Dr Brazier has studied and worked with this material for several decades and lectures on it in Asia, the Americas and Europe. This day workshop for professionals (and others interested) will introduce significant theory and methodology.



Biography:

Dr David Brazier, president of the International Zen Therapy Institute, Dharmavidya of the Amida Order of Pureland Buddhism. Zen master, psychotherapist and author. His published work includes nine books, among them, *Zen Therapy*, *Love and Its Disappointment*, *Beyond Carl Rogers*, and *Who Loves Dies Well*. He is the lead teacher on professional training programmes in Korea, Spain and South America and travels and lectures extensively. He has studied Buddhism for forty five years including periods with Thich Nhat Hanh (Vietnamese), Kennett Roshi (Soto Zen), Saiko Sensei (Shinshu), Chogyam Trungpa (Kargyu) and other leading teachers. He has founded and worked on many social aid projects and gives spiritual direction in various communities but has become known primarily for his work on Buddhist psychology. Between lecture tours he lives at a hermitage in a rural area of central France.

Day Workshop cost: £120.

Individual Sessions with Dr David Brazier: cost: £40 (1 hour).

For a Registration Form: Contact: Neill Walker, mesp2014@hotmail.co.uk, 0131 331 4469

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