

FIRST FRIDAY FORUM | SEPTEMBER 6, 2024 | 9:00 AM - 12:00 PM | 3 CE CREDITS

Contemplative Psychology: Supporting Our Clients' Variety of Diverse Contemplative Practices and Experiences

Speakers: Randi Born, Psy.D., LP and Diane Rubright, Psy.D., LP

www.mnpsych.org/calendar-of-events

*There are two Friday Forums on this date. This is the morning session scheduled from 9:00 a.m.-12:00 p.m.

Virtual

This program qualifies for 3.0 continuing education credits

Level: Intermediate: Assumes post-doctoral education status and general familiarity with topic

Audience: Designed for psychologists and other mental health professionals.

Location: Registrants will receive a Zoom link to access the session online.

This session will be recorded for future use in our online MPA CE21 catalog.

About the Program:

Dr Born and Dr. Rubright will present brief contemplative and reflective exercises, allowing participants to experience the various topics in the privacy of their own space.. Many clients find it meaningful to explore contemplative practices for self-knowledge, understanding, emotion regulation, and insight but would like to do so in a way that fits with their preferred worldview. Most modern contemplative sciences have focused research on practices originating from Buddhist or other Eastern psychologies (e.g., Jon Kabat Zinn and Richard Davidson's pioneering research). Contemplative psychology, on the other hand, recognizes that contemplative practices are found in practically all faith or wisdom traditions around the globe, and although many have been proven effective for centuries, there remains a dearth of empirical research in such a direction. This workshop will present how contemplative psychology takes a broader, more practical thrust, subscribing to a certain generality or universality regarding the various and diverse contemplative traditions. We will utilize a common factors approach, a multicultural approach, and a whole person approach to understand how and why some people enter upon a contemplative path, and how clinicians might be able to effectively, and in an informed ethical manner, guide them on their chosen paths. While contemplative practices are usually considered positive, this may not be true for all, as certain practices have the potential to create harm in certain individuals. Willoughby Britton's research on this potential risk will be highlighted.

This program qualifies for 3.0 continuing education credits. Attendees must attend the entire session to gain credit. Registration fee includes access to live webinar, program agenda, program PowerPoint, and continuing education certificate.

The speakers have indicated no conflicts of interest to report.

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Participants will be able to describe:

1. The common factors underlying contemplative practices across the various and diverse spiritualities and wisdom paths.
2. How to increase one's capacity as a provider to better support and nurture client's contemplative practices.
3. The potential risks of contemplative practices.
4. The potential obstacles of clinician bias for or against certain practices.
5. Other ethical considerations when including a contemplative path in psychotherapy.

About the Presenters:

Randi Born, Psy.D. L.P. holds a doctorate from the University of St. Thomas and provides psychotherapy at Parkdale Therapy Group, St. Louis Park. While experienced in a broad range of psychotherapies, Randi identifies as a contemplative psychologist. Initially, she taught mindfulness as an adherently trained DBT provider. She then participated in two courses of the Mindfulness-Based Stress Reduction Program, and later she trained as a Mindful Self-Compassion teacher, studying under Kristin Neff and Chris Germer, along with Koru Mindfulness teacher training. Recently she studied ancient Christian contemplative practices through Richard Rohr's Center for Action and Contemplation. Currently, she is in Yoga Nidra teacher training. Randi has maintained her own sitting meditation since 2005 and includes nature drawing, ta'i chi, passage meditation, and hiking as other personal forms of contemplation.

Diane Rubright, Psy.D., L.P. (she/her/hers) provides individual and group psychotherapy in St. Paul to adolescents and adults. She received her doctorate from the University of St. Thomas and did her postdoctoral fellowship in eating disorders at the University of Minnesota. Dr. Rubright is an experiential educator, certified meditation teacher through the Mindfulness Meditation Teacher Certificate Program, and certified Befriending Your Body teacher, a somatic approach to improving body image. Dr. Rubright brings mindfulness-based strategies into her therapy and teaching. Her own contemplative practices include T'ai Chi, Qi Gong, Vipassana, mindfulness and meditative hiking. She enjoyed a transformative, contemplative hiking pilgrimage on the Camino de Compostela de Santiago in Spain and co-founded the state chapter of the American Pilgrims on the Camino.

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

Accessibility Accommodations: If you need disability-related accommodations to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.

CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. No

refund or transfer is given the day of the program.

Register online @ <https://www.mnpsych.org/calendar-of-events> or complete the form below and fax or mail your registration to protect this information. Please do not email credit card information.

Name:

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Registration is available until the event begins.

Fee: MPA member: \$60 Non-member: \$95 Student: \$15 Retired-member: \$30 (No CE Credit) *Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$

Check (made payable to MPA) Visa MC American Express *All credit card fields are required*

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