



## *Sitting on the Couch: Psychoanalysis Considers Spiritual Practices*

A ONE-DAY SEMINAR WITH SPIRITUAL TEACHERS A. HAMEED ALMAAS & DIANE MUSHO HAMILTON

SATURDAY, FEBRUARY 7<sup>TH</sup>, 2008 • 9:15 AM – 4:00 PM

ST. GREGORY'S CHURCH • 500 DE HARO STREET, SAN FRANCISCO, CA

From the beginning, psychoanalysis has been concerned with the foundations of the self. Over time it has reached deeper to more primitive states of mind and creative states of reverie. Given these expansions of the potential space of therapy, the question arises: "What happens when we open into modes of consciousness that go beyond the personal self?" In recent years Buddhism and other meditative practices have flowered in the West. These approaches share a concern with modes of perception that lie beyond the ego or self. For this day long event we will delve into ways that psychoanalysis and these spiritual practices can inform and enrich each other. Two prominent spiritual teachers, A. H. Almaas and Diane Musho Hamilton, will speak about their work and its relevance for contemporary psychoanalytic practice. They will also offer experiential practices to help ground the ideas. A panel of three psychoanalysts will facilitate our connecting the material to psychoanalytic understandings and to the clinical context.



*A. HAMEED ALMAAS* is the leader of the *Ridhwan School*, a spiritual-psychological training program in the Bay Area. He developed the *Diamond Approach*, a method for exploring reality and the self as a means to human maturity and liberation. He is a leader in integrating psychodynamic and spiritual approaches to the self and has written numerous books, including *The Pearl Beyond Price* and *Indestructible Innocence*.

*DIANE MUSHO HAMILTON* is a spiritual teacher well known as an innovator in facilitating group dialogues, especially controversial conversations about religion, race and gender relations. She is a fully ordained Zen priest and teacher who was given dharma transmission by Genpo Roshi, in 2006. Diane teaches *Integral Spirituality* and works with the *Big Mind* process, a facilitation technique for conveying Eastern teachings to Western audiences.

WITH: PETER CARNOCHAN, PH.D., FACULTY, PINC

CHARLES DITHRICH, PH.D., PERSONAL AND SUPERVISING ANALYST, FACULTY, PINC

KAREN PEOPLES, PH.D., INSTRUCTOR, PINC

ADMISSION: \$80 (ADD \$45 FOR CE CREDITS) • STUDENTS AND CANDIDATES: \$40 • CE CREDITS: 6

## *The Nearness of Attention*

A SIX-HOUR COURSE IN FOUR EVENINGS WITH KAREN PEOPLES, PH.D.

MONDAYS, JANUARY 26<sup>TH</sup>, FEBRUARY 2<sup>ND</sup>, 9<sup>TH</sup>, & 16<sup>TH</sup>, 2008 • 7:30 PM – 9:00 PM

THE PINC LIBRARY • 2252 FILLMORE STREET, SAN FRANCISCO, CA

As a complement to the day long program, *Sitting on the Couch*, this four-week course will explore the potential relevance of meditative traditions for analytic theory and technique, including ways in which the two approaches may enhance and deepen each other. Each class will provide an opportunity to experience meditation practices from different traditions (comfortable attire recommended). Participants will be introduced to and discuss select readings from the broad literature on psychoanalysis and spirituality.

*KAREN PEOPLES, PH.D.* is a psychoanalyst in San Francisco and Marin, and an instructor at the Psychoanalytic Institute of Northern California. Her papers include meditative and psychoanalytic approaches to narcissism, and traumatic and transcendent emptiness in the self. She has conducted numerous workshops on spirituality and psychoanalysis.

ADMISSION: GENERAL: \$120 • CANDIDATES: \$100 • STUDENTS: \$80 • CE CREDITS: 6