

2<sup>ND</sup> ANNUAL

RETREAT UNITING  
WESTERN & EASTERN  
APPROACHES TO HEALING

Healing,  
Mindfulness  
& Compassion

SEPT 30 - OCT 2, 2011

RATNA LING RETREAT CENTER  
35755 HAUSER BRIDGE RD.  
CAZADERO, CALIFORNIA

# About the Retreat



*Library Room*

The second annual Healing, Mindfulness & Compassion retreat will explore the subject of integrating Western medicine perspectives and traditional Tibetan practices. The program will focus on increased understanding of practitioner/patient relationships, with the goal of developing a refined and holistic approach to healing.

The program will include sessions on:

- *Integrative Medicine*
- *Balint*, a case presentation method that explores the complex factors in provider/patient relationships.
- *Kum Nye* (Tibetan yoga)
- *Traditional Tibetan Healing Techniques*

The program will take place in the beautiful coastal redwood groves of northern Sonoma County.

Retreat begins with dinner at 6:00 pm on Friday and ends at 5:30 pm on Sunday

# Sessions Include



*Meditation Hall*

## *Integrative Medicine*

This approach uses a holistic view of human beings and healing in order to develop the skill of empathy and the instrument of compassion.

## *Balint*

Named after psychoanalyst Michael Balint, this technique is a group process that enhances self awareness and addresses the emotional content of patient/practitioner relationships.

## *Kum Nye*

Based on Tibetan medicine, this form of yoga is a natural healing system that uses movement, massage and breathing practices to promote physical and emotional health.

## *Traditional Tibetan Healing*

For over 2,500 years meditation, mantra recitation and visualization have successfully aided in keeping the body and mind healthy and sustained. We will explore the healing quality of these techniques.

# Retreat Objectives



*Main Lodge*

- Develop more effective and therapeutic provider/patient relationships
- Increase understanding of scientific evidence of physiologic changes that come from mind/body practices
- Apply experience with meditation and Kum Nye yoga to enhance the ability to care for patients

# More Information



*Guest Cottage*

## *Rates*

Shared two-bedroom cottage:

\$375 per person

Private two-bedroom cottage:

\$475 per person, \$650 per couple

Proceeds from this retreat fund programs promoting education, literacy and spiritual well-being among the Tibetan refugee community in the Himalayan region.

Costs include lodging, meals and programs.

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## *To register*

[tibetanaidproject.ejoinme.org/  
MyPages/RegistrationPageHealing  
Retreat2011.aspx](http://tibetanaidproject.ejoinme.org/MyPages/RegistrationPageHealingRetreat2011.aspx)

*Or visit our events page*

[tibetanaidproject.org/news-events/](http://tibetanaidproject.org/news-events/)

## *For more information*

Tibetan Aid Project

510.848.4238 or 800.338.4238

[tap@tibetanaidproject.org](mailto:tap@tibetanaidproject.org)

# Retreat Instructors

**Ritch Addison, PhD** is Clinical Professor of the UCSF Department of Family and Community Medicine, Behavioral Medicine Director of Santa Rosa Family Medicine Residency and Former President of the American Balint Society.

**Ellen Barnett, MD, PhD** is Associate Clinical Professor of the UCSF Department of Family and Community Medicine, a practitioner of Family Medicine at Integrative Medical Clinic Santa Rosa and a credentialed Balint leader.

**Bob Dozor, MD** is founder of Integrative Medical Clinic Santa Rosa and has practiced family medicine for over 25 years.

**Greg Troll, MD** is a family physician, currently the Associate Dean for Academic Affairs at Touro University College of Osteopathic Medicine. He has been involved in Balint work since 1989.

**Jack Van der Meulen** is a longtime instructor at the Nyingma Institute. His careful and caring style makes his classes particularly beloved by students.

**Rosalyn White** is Executive Director of the Tibetan Aid Project and a longtime instructor at the Nyingma Institute. She has been practicing meditation for over 35 years.

# S p o n s o r s

**Ratna Ling** is a nonprofit retreat center that emphasizes education, healing and spirituality.

[ratnaling.com](http://ratnaling.com)

**Integrative Medical Clinic Foundation** is the nonprofit, education arm of the Integrative Medical Clinic of Santa Rosa.

[imcsr.com](http://imcsr.com)

**Tibetan Aid Project** is a nonprofit organization that raises funds to produce, ship and distribute Tibetan-language books to Tibetan refugees in Asia.

[tibetanaidproject.org](http://tibetanaidproject.org)

## RETREAT SCHEDULE

<b>Friday September 30<sup>th</sup></b>			
<b>TIME</b>	<b>LOCATION</b>	<b>SESSION</b>	<b>FACULTY</b>
4:00-6:00pm	Main Lodge/Cottages	Arrive and settle in. Free time to explore premises	
6:00-7:00pm	Main Lodge	Dinner*	
7:30-9:00pm	Conference Center	Introduction & Goals: <b>Cultivating Empathy and Compassion in the Practice of Medicine and the Healing Arts</b>	Faculty Panel

<b>Saturday October 1<sup>st</sup></b>			
<b>TIME</b>	<b>LOCATION</b>	<b>SESSION</b>	<b>FACULTY</b>
7:00am	Main Lodge	Tea & Coffee	
7:15-8:00am	Meditation Hall	<b>Tibetan Healing Meditation</b>	Rosalyn White
8:00-9:15am	Main Lodge	Breakfast*	
9:15-10:45am	Conference Center	<b>Balint Session</b>	Ritch Addison, Bob Dozor, Greg Troll & Ellen Barnett
10:45-11:00am		Break	
11:00am-12:30pm	Meditation Hall	<b>Kum Nye (Tibetan Yoga)</b>	Jack Van der Meulen
12:30-2:00pm	Main Lodge	Lunch*	
2:00-3:30pm	Conference Center	<b>Balint Session</b>	Ritch Addison, Bob Dozor, Greg Troll & Ellen Barnett
3:30-5:00pm		Break	
6:00-7:30pm	Main Lodge	Dinner*	
7:30-8:30pm	Conference Center	Presentation <b>"Healing" in the Practice of Medicine</b>	Bob Dozor
8:30-9:00pm	Conference Center	Tibetan Aid Project Reception	

<b>Sunday October 2<sup>nd</sup></b>			
<b>TIME</b>	<b>LOCATION</b>	<b>SESSION</b>	<b>FACULTY</b>
7:00am	Main Lodge	Tea & Coffee	
7:15-8:00am	Meditation Hall	<b>Tibetan Healing Meditation</b>	Rosalyn White
8:00-9:15am	Main Lodge	Breakfast*	
9:15-10:45am	Conference Center	<b>Balint Session</b>	Ritch Addison, Bob Dozor, Greg Troll & Ellen Barnett
10:45-11:00am		Break	
11:00am-12:00pm	Meditation Hall	<b>Kum Nye (Tibetan Yoga)</b>	Jack Van der Meulen
12:00-12:30pm	Meditation Hall	<b>Group Discussion</b>	Bob Dozor & Ellen Barnett
12:30-2:00pm	Main Lodge	Lunch*	
2:00-3:30pm	Conference Center	Open Discussion <b>Where Might We Go From Here?</b>	Faculty & Participants
3:30		Departure	

\* All food served at Ratna Ling is vegetarian

### SESSION DESCRIPTIONS

**Cultivating Empathy and Compassion in the Practice of Medicine and the Healing Arts:** A discussion covering the holistic model of human beings and healing and how to develop the “skill” of empathy and the “instrument” of compassion. Includes ideas of how meditation allows practitioners to hone these skills. Mindfulness generated through these meditative practices can lead to stress reduction allowing for enhanced health and healing.

**Tibetan Healing Meditation:** For over 2,500 years meditation, mantra recitation, and visualization have successfully aided in keeping the body and mind healthy and sustained. In this session we will explore the healing quality of these techniques.

**Balint:** Named after Michael Balint, a psychoanalyst, this technique is a group process that enhances self awareness and addresses the emotional content of patient/practitioner relationships. It sometimes is called counter-transference training.

**Kum Nye (Tibetan Yoga):** Based on Tibetan medicine, this form of yoga is a natural healing system that uses movement, massage and breathing practices to promote physical and emotional health.

**“Healing” in the Practice of Medicine:** The efficacy of the integrative approach in healing a multitude of conditions. A power point presentation will illustrate systems in the human body that interrelate to foster healing.

**Where Might We Go From Here?:** It is our hope that this retreat is the first in a series of retreats working on the general issue of integrating mindfulness and meditation into professional healing practice.

#### **Accreditation Information**

This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association's CME Accreditation Standards (IMQ/CMA) through the Joint Sponsorship of Sutter Medical Center of Santa Rosa (SMCSR) and Integrative Medical Clinic Foundation, Ratna Ling Retreat Center, Tibetan Aid Project. SMCSR is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. SMCSR takes responsibility for the content, quality and scientific integrity of this CME activity.

Sutter Medical Center of Santa Rosa designates this educational activity for a maximum of *10.25 AMA PRA Category 1 Credit(s)<sup>™</sup>*. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the *CMA Certification in Continuing Medical Education*.

**This course has been approved for continuing education credits by Sutter Medical Center of Santa Rosa, Provider No. 5005, and meets the qualifications for 10.25 hours of continuing education credit for MFCCs and /or LCSWs as required by the California Board of Behavioral Sciences.**