

“NeuroDharma”

BUDDHIST SCIENCE
&
PSYCHOTHERAPY



5th ANNUAL CONFERENCE

13-14 August 2011
NSW State Library

with

Neuropsychologist **Dr Rick Hanson**

GENERAL PUBLIC WELCOME!

“NeuroDharma”

CONFERENCE PROGRAM

Saturday - 8:30am – 5:00pm

Sunday - 9:00am – 5:00pm

Talks by **Dr RICK HANSON**

Exploring Buddhist Themes in the Brain
Steadying the Mind
Taking Life Less Personally

Talks by **VENERABLE AJAHN BRAHM**

Buddha’s Spiritual & Scientific Cessation of Suffering
Mindfulness Meditations for Therapists

Talks by **DR. ENG-KONG TAN**

What is an Integrated Buddhist Psychotherapy?
A Buddhist Psychotherapy Session

PANEL DISCUSSIONS

The Buddha, the Scientist & the Therapist
Buddhist Science & Therapeutic Action

The registration fee includes refreshments and conference documents. The fee does not include lunch on either day or hotel accommodation.

Cancellation/Refund Policy

50% of fees paid are refundable for cancellation notice received prior to 1st August 2011. After 1st August no refund entitlement, however substitute delegates will be accepted.

V E N U E

State Library of NSW, Macquarie Street, Sydney
General Public WELCOME



**AUSTRALIAN ASSOCIATION OF BUDDHIST
COUNSELLORS AND PSYCHOTHERAPISTS**



PO Box 2115 Bondi Junction NSW 2030
Tel 0451 050 119

info@buddismandpsychotherapy.org
www.buddismandpsychotherapy.org

Conference Registration Form

REGISTER ONLINE AT... www.buddhismandpsychotherapy.org/conf

Package	Dates	Before May 31	After June 1
<input type="checkbox"/> A 2 day conference - Members	13-14 August	\$200	\$225
<input type="checkbox"/> B 2 day conference - Non Members	13-14 August	\$250	\$275

For **Full Time Students**, please phone 0451 050 119 (student ID required).

YOUR DETAILS

Name:

Address:

Postcode:

Suburb: Telephone:

Email:

Membership: Full / Associate / Affiliate / Student / Non-Member (circle one)

How did you know about this event?

PAYMENT DETAILS

Payment is required WITH registration. Receipt will be posted to you.

Crossed cheque payable to:

Australian Association of Buddhist Counsellors and Psychotherapists.

Bank transfer. Quote Ref: "YOURSURNAME/CONF11". Date:

Bank: **Commonwealth**. Acc. name: **AABCAP** Acc No.: **10090459** BSB: **062 229**

VISA MasterCard. Name on card:

Card number:

Expiry date: / Amount: \$

Signature: Date:



Dr. Rick Hanson, Ph.D

is a neuropsychologist, Affiliate Faculty of the Greater Good Science Center of the University of California at Berkeley, and founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom.

A *summa cum laude* graduate of UCLA, he's been invited to lecture at Oxford, UC Berkeley, Stanford, and Harvard. Rick's most recent book is *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* which has been praised by numerous scholars, therapists, and teachers and is being published in eighteen languages besides English. An authority on self-directed neuroplasticity, he edits the *Wise Brain Bulletin*, and his articles have appeared in *Tricycle Magazine*, *Insight Journal*, and *Inquiring Mind*.

His *Your Wise Brain* blog is on Huffington Post, *Psychology Today*, and other major websites, and he also has a weekly e-newsletter, *Just One Thing*. His first book was *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships* (Penguin, 2002).

He began meditating in 1974, trained in several traditions, and leads a weekly meditation gathering in San Rafael, CA.



Venerable Ajahn Brahm

was born in London in 1951. He regarded himself as a Buddhist at the age of 17 through his reading of Buddhist books while still at school. His interest in Buddhism and meditation flourished while studying Theoretical Physics at Cambridge University. After completing his degree and teaching for a year, he travelled to Thailand to become a monk. He was ordained in Bangkok at the age of 23 by the Abbot of Wat Saket.

Subsequently, he spent 9 years studying and training in the forest meditation tradition of the revered Venerable Ajahn Chah. Ajahn Brahm was instrumental in the first ordination of women as fully-fledged Buddhist nuns, bhikkhunis, within the Theravada forest meditation tradition. The ordination was held at Bodhinyana Monastery (Perth), of which Ajahn Brahm is Abbot, on the 22nd of October 2009. A widely travelled speaker, Ajahn Brahm conducts meditation retreats frequently both in Australia and overseas. He is the author of *'Mindfulness, Bliss and Beyond'* and *'Opening the Door of Your Heart'*.



Dr. Eng-Kong Tan

is a medical doctor, consultant psychiatrist and analytic psychotherapist in private practice, providing individual and couples therapy, meditation, personal development and analytic groups. He is Founder and Chairman of Metta Clinic, a group psychiatric and psychotherapy clinic in Sydney. He is a former Chair of the Section of Psychotherapy of the RANZCP and Chairman of Training to the PPA. He is Founder President of AABCAP, a trustee of the University Buddhist Education Foundation (UBEF), and the Director of Training of AABCAP's Buddhism and Psychotherapy Professional Training Course.

In the last three decades, Dr. Tan has presented keynote addresses, seminars and workshops to Buddhist and psychotherapy organisations in Australia and overseas.

With Neuropsychologist
DR. RICK HANSON

Senior Western Buddhist Monk
VENERABLE AJAHN BRAHM

Buddhist Psychotherapist
DR. ENG-KONG TAN