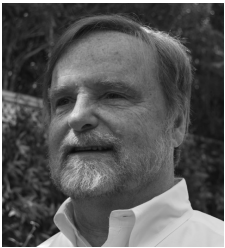


The Pain Paradox: Mindfulness/Compassion-Based Approaches for Complex Trauma

Friday, April 21, 2017

Canad Inns Polo Park
1405 St. Matthews Ave.

Presenter



John Briere, Ph.D., is an Associate Professor of Psychiatry and Psychology at the University of Southern California, where he teaches and consults in the burn center, emergency services, and inpatient psychiatry. He is recipient of the Award for Outstanding

Contributions to the Science of Trauma Psychology from the American Psychological Association and author or co-author of over 120 articles and chapters, 15 books, and 9 trauma-related psychological tests. A longtime student of Buddhist psychology, he has written extensively on mindfulness, compassion, and psychotherapy, and is co-editor of *Mindfulness-oriented interventions for trauma: Integrating contemplative practices* (2015), and is working on an upcoming book, *The Pain Paradox: Engaging Adversity and Social Judgment on the Way to Well-Being*. An international teacher on mindfulness and clinical practice, John is Remote Program Faculty for the Institute for Meditation and Psychotherapy (IMP). His website address is johnbriere.com.

Learning Objectives

At the end of this course, the attendee should be able to:

1. Describe the two central components of the Pain Paradox
2. Define the Suppression Effect
3. Explain how pain and suffering are different from one another
4. Describe how mindfulness and metacognitive awareness can address the impacts of social discrimination

Describe the psychological versus Buddhist notions of attachment, and their different implications for happiness

Program Schedule

8:00 – Registration & Breakfast

9:00 – Workshop begins

10:30 – Break

12:00 – Luncheon (served on-site)

13:00 – Workshop continues

14:30 – Break

16:00 – Concluding remarks

Information & Registration:

www.mpps.ca/spring17