

Australian Association for Infant Mental Health Inc



Affiliated with

WORLD ASSOCIATION FOR
INFANT MENTAL HEALTH

THIRST

Attachment, Procedural Memory, & Sacred Practice in Everyday Life

Kent Hoffman



Venue: Balyana Conference Centre, Strathcona Ave, Clapham
Date Friday 24th Feb 7.00pm-9.30pm
Saturday 25th - Sunday 26th February 2011,
9 am - 12.00
1.30- 5.00 pm

ö ... still crazy after all these years.ö ó Paul Simon

Truth be told, many of us remain noticeably insecure even after years of trying to have this not be so. Emotional struggles that repeat themselves (ösame struggle, different dayö) tend to define us in ways that either baffle us, depress us, or trigger an unending hope that öthe answer is just around the corner.ö

What if we discovered that the solution to our persistent struggles was giving up the search for solutions? How might it be to recognize that what we lack isn't ömoreö but rather a simple experience of öenough?ö What if this experience of öenoughö turned out to have been here, present and available, all along?

And, how would it be if we began to see that we unconsciously block this simple experience of öenough,ö because we learned to believe it wasn't available?

Current developmental research is providing new clues to how we function within our shared human struggles. This research has been able to systematically identify key patterns of insecurity that are formed in the first years of life. These early patterns establish a sense of "certainty" about "how life works," becoming the lens through which we see ourselves, others, and events for the remainder of our lives.

Unfortunately, this neurobiologically established blueprint often limits our capacity to risk having confidence: in ourselves, others, and the nature of the universe. Instead, we tend to carry core beliefs hidden from conscious awareness, buried convictions that block access to simple trust and genuine intimacy.

This seminar is designed to offer an understanding of our common struggles with trust and intimacy from the perspective of current affective neuroscience, attachment research and sacred traditions. Participants will be asked to explore their early patterning and its multiple implications for both psychological and spiritual life.

Central themes of this seminar will include:

- É Understanding our everyday insecurity
- É Recognizing common patterns of defense that block access to deeper trust, security and closeness
- É Opening into trust through traditional and contemporary "technologies of the sacred" designed to increase confidence in the underlying nature of the universe (including breathing practice, mantra practice, and sacred poetry)
- É "Breathing moments" (momentary practice) in any given day where we can access hidden longing and hidden wholeness
- É Meditation and contemplative prayer approaches available for use in a regular daily practice of 10-15 minutes or more.

This 15-hour seminar has been designed from a research-based, psychological perspective and a multi-faith point of view. Participants will be encouraged to experience their own history in a new light and the sacred within a context that is often non-dualistic, always deeply personal, and continually trusting in Deep Mystery. Core tenants of Christianity, Buddhism, and Sufism will be explored as direct experience rather than belief.

For people who attended the Thirst workshop in 2011, this workshop will not be presenting brand new ideas, but rather will be a development and further clarity of Kent's thinking and work. Kent has recently contacted and highlighted the potential emotional intensity of the workshop as we think about personal issues.

[It may be obvious, but if you feel fundamentally secure and at ease in your life, this seminar is probably not for you.]

Kent Hoffman earned his doctorate in psychology and religion from Claremont Graduate School of Theology in 1975, with an emphasis on the interface between our psychological need for connection and our search for transcendence. Since that time he has focused on understanding these needs while working with psychiatric patients in prison, individuals with terminal cancer, survivors of sexual abuse, homeless adults, and clients seeking psychoanalytic psychotherapy.

He is an originator of the internationally acclaimed Circle of Security Project, a research-based intervention for parents and their young children. His primary focus for the past 15 years has been application of this model to homeless teen mothers and fathers. Dr. Hoffman is certified in psychoanalytic psychotherapy and is a clinical consultant to social service organizations and universities throughout the world.

Kent has been a practitioner of both Christian contemplative prayer and Zen meditation for the last four decades. Kent is continually seeking ways to make available a genuine integration of our innate psychological needs and a practical approach to spiritual practice

PREPARATION

Participants are encouraged (but **not** required) to prepare for the seminar in the following ways:

1. Purchasing a Stress Eraser ó The SE is a hand held biofeedback machine that provides immediate òin the momentö feedback about how our breathing is synchronized (or out of synch) with our heart rate cycle. The SE instructs us as to when we are in a state of restful breathing and calibrates a new breathing pattern. While it costs \$119US, it is an indispensable teaching tool for those seeking a new approach to breathing. Restful breathing is at the foundation of both the momentary and daily practice being suggested in this seminar. Ideally, participants will have been using the SE multiple times each week (in 5-10 minute increments) for a month prior to our time together. (<http://stresseraser.com>)
2. Reading òInto the Silent Landö by Martin Laird, O.S.A. ó This book on contemplative prayer by a renowned teacher and retreat master offers an accessible introduction to the human search for transcendence. òSharp, deep, with no clichés, no psychobabble, and no short cuts. Its honesty is bracing, its vision is utterly clear, it is a rare treasure.ö ó Rowan Williams, Archbishop of Canterbury
3. Reading "Everyday Zen" by Charlotte Joko Beck. "Deals with the most important spiritual practice of all - how we can live awakened in our daily life."
4. Jack Kornfield, founder, Insight Meditation Society

TAX INVOICE/RECEIPT ABN: 93 045 030 281 (GST exempt)
Please fill out ONE registration PER PERSON attending (please print)

Name

Title	First name	Surname
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Address

Suburb

State

Postcode

Telephone

Email

**Special
Dietary
needs**

REGISTRATION FEES (Including Lunch)

Places will not be guaranteed until payment & registration form is received
ie. places will not be “held”, awaiting payment & registration form.
Places are strictly limited.

Non AAIMHI Member	
Early Bird Prior to 1 st January 2012	\$210
Full Registration	\$240

AAIMHI Member (At 1 st January 2012)	
Early Bird Prior to 1 st January 2012	\$190
Full Registration	\$210

REGISTRATIONS CLOSE

Enquiries re payment and/or registration Marijke Genet 8338 1562 aaimhi@gmail.com
Enquiries re training: Sally Watson 0411 377 347 or aaimhi@gmail.com

PAYMENT DETAILS

PLEASE EMAIL OR POST (no Fax) THIS REGISTRATION FORM, NO MATTER HOW
PAYMENT IS MADE TO: AAIMHI Kent Hoffman, Spirituality Workshop PO Box 473 Glenside
5065

(Please tick one)

- Money Order Cheque attached payable to AAIMHI SA
 Dramatix Pay online at www.dramatix.com.au / AAIMHI Kent Hoffman
Spirituality

CANCELLATION & REFUNDS: Up to 2 weeks in advance- 80% refund.
Less than 2 weeks . 20% refund

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