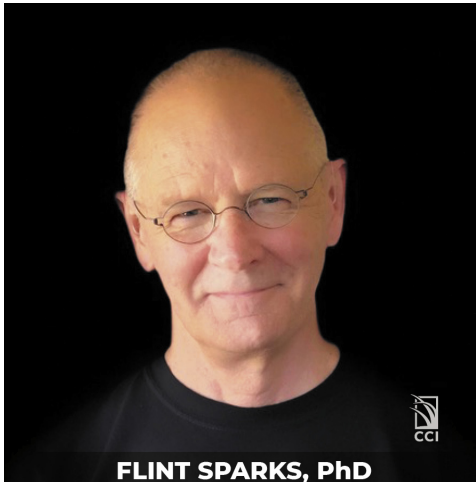


IN-PERSON LIVE-ONLINE**JULY 17th - JULY 21st, 2023****FLINT SPARKS, PhD**

T. Flint Sparks, PhD is a Zen priest and former Clinical Psychologist with over 40 years of practice as a psychotherapist and teacher. His specialty in Behavioral Medicine led him to work as the Research Coordinator and senior therapist alongside Carl and Stephanie Simon-ton, pioneers in the field of holistic cancer care. He later directed the Cancer Self Help Program at Presbyterian/St. Luke's Hospitals in Denver and became a consultant to hospitals and clinics throughout the United States. Beginning his formal Zen training at the San Francisco Zen Center, he later founded the Austin Zen Center and nurtured that temple in its early days. With his teaching partner Peg Syverson, he went on to develop Appamada, a center for contemporary Zen practice and Inquiry in Austin, Texas. He now lives in Hawaii and leads retreat worldwide.

Flint Sparks, PhD

Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice

15-Hour In-Person Course

Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.

Everyone wants to be free from unnecessary suffering. This was the Buddha's only concern and every practice he taught served to encourage the liberation of a clear mind and a warm heart. The relief of emotional suffering is also the focus of contemporary psychotherapy and the wide range of techniques now available all serve this important goal. How are we, then, to understand these ancient mindfulness practices alongside the new and very potent methods for emotional and relational healing? Both approaches are profoundly transformative and when skillfully woven together they pave the way for increased vitality and a deeper sense of peace, freeing the burden of unnecessary suffering. Such an integrated approach shows us how to grow up and wake up to who and what we truly are. This week will be geared toward understanding the function of mindfulness as the core practice that links both paths to greater wellbeing. Each day we will explore these integrated teachings and actively engage in mindful practices to experientially taste their potential.

Throughout the week we will explore the foundational Buddhist teachings on mindfulness found in the Sattipathana Sutra. We will also be drawing heavily on two methods of contemporary psychotherapy — Hakomi and Internal Family Systems. These remarkably skillful approaches weave together applied mindfulness with an understanding of the multiplicity of mind in ways that reveal the Buddha's teachings as practical tools for personal and relational transformation. We will examine the ways in which our everyday sense of "self" emerges and is sustained, how the contraction of conditioning leads to unnecessary suffering, how assisted self-discovery in mindfulness opens us beyond our habits toward greater possibilities for freedom, and how being led from the deepest source of wisdom and compassion supports practical human maturity. Along with reviewing the foundations of these two therapeutic models, our investigation will touch on perspectives from child development, attachment theory, interpersonal neurobiology, and contemplative psychology. Ultimately, we will investigate the ways that attention to relationality and mutual care opens the way to a life of freedom and joy.

Course Agenda

Monday:

- The original Buddhist teachings on Mindfulness from the Buddha
- Contemporary uses of mindfulness and their deviation from Buddhist practice
- Mindfulness as an engaged practice in psychotherapy

Tuesday:

- Self-Study and No-Self: A seeming paradox
- Loving Presence as the essential container for relational healing
- Assisted self-study in the meditation hall and the consulting room

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Wednesday:

- Multiplicity of mind and the construction of Self
- The Buddha's Four Noble Truths for the relief of suffering
- Redefining symptoms and pathology

Thursday:

- Attachment in Psychotherapy and Buddhism: A tangled knot
- Immediacy in the therapeutic relationship
- Stepping beyond self-reflection and self-identification

Friday:

- Change in Psychotherapy and Three Views of Awakening
- Growing Up and Waking Up: The Double Helix of Maturity
- Clear Care

Course Objectives

Upon completion of this course participants will be able to:

1. Describe mindfulness as an engaged practice in psychotherapy
2. Discuss Loving Presence as the essential container for relational healing
3. Discuss assisted self-study as a clinical and meditative function
4. Describe multiplicity of mind from a clinical and Buddhist perspective
5. Name the Buddha's Four Noble Truths for the relief of suffering
6. Discuss redefinition of symptoms and pathology
7. Discuss the distinctions between attachment as used in human development research and its use in Buddhist practice
8. Discuss the distinctions between the psychological self and the Buddhist concept of self
9. Discuss immediacy and intimacy in the therapeutic relationship and in the student/teacher relationship
10. Describe the similarities and differences among views of "cure" in psychotherapy and "awakening" in Buddhist practice
11. Discuss Growing Up and Waking Up: The Double Helix of Maturity

Continuing Education

Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.

Psychologists: This course is *only* eligible for continuing education credits in California, Canada, New York, Ohio, and Pennsylvania.

Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice, Course #4104, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 04/26/2022 - 04/26/2024. Social workers completing this course receive 15 General Social Work Practice continuing education credits.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

Speaker Disclosures:

Financial: Flint Sparks has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-Financial: Flint Sparks has no relevant non-financial relationships with ineligible organizations.

Tuition, Registration & Course Formats

Registration:

Visit www.cape.org to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

Course Formats:

In-Person Course Format: Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

In-Person Location:

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

Tuition:

In-Person Course:

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

Live-Online Course:

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

Cancellation & Refund Policy

Up until two weeks (14 days) prior to your course start date: For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

Within two weeks: If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

Once your course begins: No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at info@cape.org or by calling + 1 (203) 781-6492.

Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.

Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or certificate@cape.org.

Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

Contact Information

Cape Cod Institute Administration
MAK Continuing Education, LLC
2 Belden Ave
PO Box 2225
Norwalk, CT 06852
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267
E-mail: info@cape.org

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

JULY 3-AUGUST 25, 2023

JULY 3-JULY 7, 2023

Bessel van der Kolk, MD

Frontiers Of Trauma Treatment

In-Person, Live-Online

Anatasia S. Kim, PhD

Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice

In-Person, Live-Online

Linda Graham, MFT

The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster

In-Person, Live-Online

JULY 10-JULY 14, 2023

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories

In-Person, Live-Online

Joe Kort, PhD, LMSW

Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies

In-Person, Live-Online

Licia Sky, BFA & Bessel van der Kolk, MD

Come to Your Senses: Embodied Self Awareness

In-Person

Richard Schwartz, PhD

Internal Family Systems Workshop

In-Person, Live-Online

JULY 17-JULY 21, 2023

Paul Foxman, PhD

The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians

In-Person, Live-Online

Janina Fisher, PhD

Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation

In-Person, Live-Online

Flint Sparks, PhD

Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice

In-Person

JULY 17-JULY 21, 2023

James Hawkins, PhD, LPC

Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework

In-Person, Live-Online

JULY 24-JULY 28, 2023

Gabriella Rosen Kellerman, MD

Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future

In-Person, Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach

In-Person

Franklin King, MD

The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments

In-Person, Live-Online

John P. Forsyth, PhD &

Jamie R. Forsyth, PhD

Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard

In-Person, Live-Online

JULY 31-AUGUST 4, 2023

LaTonya Wilkins, PCC, MBA

Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself

In-Person, Live-Online

Amy Weintraub, MFA &

Angela Huebner, PhD

Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning

In-Person, Live-Online

Maria Sirois, PsyD

Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

Deborah Korn, PsyD

EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect

In-Person, Live-Online

AUGUST 7-AUGUST 11, 2023

**Harville Hendrix, PhD,
Helen LaKelly Hunt, PhD, &
Carol Kramer, LICSW with Faculty
Associate: Joanne Audyatis, LMHC**

Doing IMAGO Relationship Therapy In The Space Between

In-Person, Live-Online

Bob Anderson

Conscious Leadership: A Unified Model Of Leadership Development

In-Person

George McCloskey, PhD

Intervention For Child And Adolescent Executive Control Difficulties

In-Person, Live-Online

AUGUST 14-AUGUST 18, 2023

Deborah Dana, LCSW

Polyvagal Theory In Therapy: Practical Applications For Treating Trauma

In-Person, Live-Online

Mary-Frances O'Connor, PhD

The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss

In-Person, Live-Online

Salman Akhtar, MD

In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment

In-Person

Edward Hallowell, MD

Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span

In-Person, Live-Online

AUGUST 21-AUGUST 25, 2023

**Diana Fosha, PhD, Kari Gleiser, PhD,
& Ben Medley, LCSW,
with Molly Eldridge, LICSW**

"HOT" Topics In AEDP™

In-Person, Live-Online

Jonah Paquette, PsyD

Awe, Wonder, And The Science Of A Meaningful Life

In-Person, Live-Online

Donald Meichenbaum, PhD

Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities

In-Person, Live-Online

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted.
For a complete list of CE approval statements, please visit: www.cape.org/ce-credit

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : WWW.CAPE.ORG