Joan & Myrin Borysenko -
DEEP HEALING: INNER CHILD, INNER SELF

We are currently at a crossroads where psychology, medicine, and spirituality are coming together to promote a deeper kind of healing. We now have clear evidence that stress is detrimental to the immune system and contributes to disease susceptibility. We know also that relaxation techniques can reverse these effects and bring the body back to a homeostatic state.

But despite our awareness of these factors — and despite our involvement with diets, therapy, meditation, and exercise — there is often a place within us that nothing touches. To really touch that core we need to comfort the child within us who may feel unworthy, ashamed or afraid.

In this powerful session we will not only be shown evidence of the mind/body connection but will also acquire some practical tools for healing the mind, body, and spirit, including visualization, meditation and stress-reduction exercises. In the process we will rediscover our own true nature, embodying peace, wisdom, creativity, worthiness, and interconnectedness with life.

Joan Borysenko, Ph.D. and Myrin Borysenko, Ph.D. Innovative researchers and authors in the field of mind/body medicine. Joan is one of the founders of the Mind/Body Clinic at the Deaconness Hospital. Her books, Minding the Body, Mending the Mind *and* Guilt Is the Teacher, Love Is the Lesson, *have helped transform thousands of lives to a healthier way of living.*

Annemarie Colbin:
NOURISHING OURSELVES

We can help set up the right conditions for good health by paying attention, as our first measure, to the effects of food. Finding out how food affects us is a satisfying exercise in self-discovery; learning to use food as a healing tool is simple, enjoyable, economical, and profoundly empowering.

Annemarie Colbin, founder of the Natural Gourmet Cookery School in New York and author of Food and Healing *and* The Book of Whole Meals, *argues passionately that eating well is the first step toward taking responsibility for our total health.*

Jon Kabat-Zinn:
LIVING THE FULL CATASTROPHE

Medical research shows that people with chronic medical problems can use Buddhist mindfulness meditation practices to dramatically reduce their symptoms and heal their lives. Meditation involves a willingness to face the "full catastrophe" of the world and of our own body, and use this energy to grow in strength and wisdom. Through lecture, experiential exercises and discussion, Dr. Kabat-Zinn will examine specific ways that mindfulness meditation can be used to face and transcend stress, pain, and illness. He'll also apply mindfulness practice to specific health-related problems.

Jon Kabat-Zinn, Ph.D., is founding director of the Stress Reduction Center at the University of Massachusetts Medical Center, one of the premier stress-reduction centers in the nation. Jon's recent book, Full Catastrophe Living, *has received national attention as an innovative health resource for patients and practitioners.*

Deepak Chopra:
CREATING OPTIMAL HEALTH

If you are perfectly healthy at this moment, you will not be thinking of health or disease—you will be in a state of effortless ease, mirroring the effortless ease that every cell naturally enjoys. When we begin to strain at living, effort comes into play and the spontaneous state of fulfillment, which should be our natural state, disappears.

Optimal health, then, is a return to spontaneity, to effortless living. What does it involve? Basically, only one thing: making all your desires come true. This may seem like a far leap from conventional notions of health, but it is not. The same flowing intelligence that keeps the galaxies in effortless motion upholds our own life. It creates our wishes, hopes, and dreams—not just the ones we entertain in our heads, but the deeper ones that every cell in our bodies wants to achieve. If you dream of perfection, you are reflecting the deepest desire of your body. You are enjoying that supreme gift of nature, a moment of life in all its freedom, joy, and health.

Deepak Chopra, M.D., leading physician, director of the Maharishi Ayurveda Center, and best-selling author of Quantum Healing *and his new book,* Unconditional Life, *believes that we can create perfect health by finding a balance of mind, body, and spirit.*

WORKSHOP SESSIONS I:

Alice Domar:
THE RELAXATION RESPONSE

Most people know all too well the physical symptoms of anxiety and stress. What we don't know, however, is that these are signs of the "fight-or-flight" response — a natural drive when faced with danger to either stand and fight or run the other way. In this session, learn the Relaxation Response, a process that can counteract some of the harmful effects of stress.

Alice Domar, Ph.D,. is a staff psychologist and instructor in medicine in the Section on Behavioral Medicine at the New England Deaconess Hospital, and at the Mind/Body Medical Institute at the Harvard Medical School. She received her pre- and postdoctoral training with Herbert Benson M.D., author of The Relaxation Response, *and now works with Dr. Benson in both a clinical and research capacity.*

Annemarie Colbin:
FOOD AND HEALING

The richness and abundance of our food supply enables us to eat in many unbalanced ways. Learn how to restore the balance by making sensible food choices, avoiding fads, and eating a balanced diet. In this section of the seminar, you'll learn about the thinking tools and practical steps you can use every day to support your health.

Judy Leavitt:
CREATING HEALTHY RELATIONSHIPS

This workshop will explore how intimate relationships can be experienc of growth. We'll look at how partners' issues and needs can interlock in a way that can create breakdown or healing and transformation for each partner. During the workshop we'll do exercises to help people see how partnership can be transforming and how partners can be each other's teachers.

Judy Leavitt, Ed.D., is a licensed psychologist and a certified sex therapist with a private practice in Wayland, Massachusetts. In her work she integrates bioenergetics, gestalt, systems theory, fantasy therapy, movement therapy, and meditation.

WORKSHOP SESSIONS II:

Gerald Seavey:
VISUALIZATION FOR HEALTH

Visualization techniques have proven to be very effective in healing and maintaining optimal health. This specially de signed workshop will use calisthenics and mind-training exercises to activate the power resources of your mind and to brighten and clarify your inner vision. You will be given practical techniques for applying enhanced visualization to heal and be healed mentally, physically, and spiritually.

Gerald Seavey, co-founder of Jerico Inc., teaches quality-of-life seminars to emergency room physicians and other medical professionals. He is an expert in the field of personal development, and for the past 20 years has traveled world-wide presenting the Silva Method of Mind Control to tens of thousands of people from all walks of life.

Marie Favorito:
THE HEALING TAO— MEDITATION AND HEALING

This workshop will present a Taoist meditation called the Inner Smile. The Inner Smile is a powerful relaxation technique that uses the expanding energy of joy and happiness as a language for communicating with the internal organs of the body. It begins the introduction of peace into one's life and the elimination of negative emotions. Taoist rejuvenation exercises provide a preventative self-help approach to good health, stress reduction, and longevity.

Marie Favorito is a certified instructor with advanced teacher training in the Healing Tao System. She directs the Boston Healing Tao and teaches Taoist meditation, T'ai Chi, Iron Shirt Chi Kung, and Healing Love in Boston and Cambridge. She is also a professional photographer.

Jim Kilpatrick:
FREEDOM FROM ADDICTIONS

In this session we will go beyond the specific substance addictions (drugs, alcohol, money, food, cigarettes) and process addictions (sex, shopping, co-dependent relationships, workaholism, power-/control) to examine the CORE addiction to Shame and Fear.

We will look at how the primary shame/fear addiction cycle operates in ourselves, our relationships, and our culture. Finally, we will explore holistic responses that break down the addiction cycle and help us open and let go into the healing process of self-acceptance and faith.

Jim Kilpatrick, M.A., is a psychotherapist in private practice with 20 years of professional experience. He provides individual-, couple-, family- and group-psychotherapy to adults who grew up in abusive, dysfunctional, or alcoholic families. He is also a senior staff member at Spring Hill of Ashby, Inc.

MORNING BODY TIME

T'AI CHI: This 4000-year-old modern exercise in which you get better as you get older, offers a practical approach to meditation that enhances your physical, emotional, and mental health.

David Zucker has practiced T'ai Chi for 16 years. He studied extensively with Masters T. T. Laing and John Chung Li. Several of his articles have appeared in the international journal T'ai Chi. *Mr. Zucker is also a sixth-degree black belt student of the Zen sword art Shim Gum Do as well as a writer, director and mime.*

MYO-STRETCH: Myotherapy is a therapeutic technique for easing pain and increasing body awareness. On Day 1, relax and learn some basic stretching and myotherapy techniques for relieving tension and pain in the upper back, shoulders, and neck. On day 2, learn some more stretching and myotherapy techniques, to help ease tension and pain in the lower back or legs.

Erika Waly, CTPM, relieves pain and tension with trigger-point myotherapy. She has owned and operated Pain Relief Myotherapy Associates in Waltham for the past five years.

MEDITATION: Sitting in the Eye of the Storm: In this turbulent world, insight meditation allows us to create an inner environment of calm, which leads to inner balance and good health.

Daeja Napier is founding teacher of the Insight Meditation Center in Newbury, Massachusetts. She has practiced and taught Vipassana meditation for over 20 years, and is the mother of five children, ages 8 to 24.

PLEASE POST

INTERFACE FOUNDATION
Cambridge, MA 02138
(617) 876-4600

GENERAL INFORMATION: Directions and a confirmation of registration will be sent to each participant. FREE Parking is available. Ⓣ nearby!

CANCELLATIONS: If you must cancel, notify Interface at least 10 days prior to the program and you will receive a refund, less a $10 handling fee. If you notify us less than 10 days before the program, your tuition will be applied as a credit valid for six months toward an Interface program of your choice or a bookstore purchase. No refund or credit can be given for cancellations on the day of the program.

LUNCH: A buffet meal may be purchased at Interface.

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CONCURRENT WORKSHOPS: Please number boxes in order of first, second or third choices for each breakout session (workshops will be filled in order received).

WORKSHOP SESSION I

Domar ❑
Colbin ❑
Leavitt ❑

WORKSHOP SESSION II

Kilpatrick ❑
Seavey ❑
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