



# **The Marie Institute of Behavioral Technology**

Supporting Balanced Steps Towards Change

## ***MINDFULNESS RETREAT FOR MENTAL HEALTH CARE PROVIDERS***

**January 27-31, 2010**

**Leader: Fr. Pat Hawk Roshi**

**Assistant: Marsha M. Linehan, Ph.D.**

“Peace is not something you can force on anything or anyone... much less upon one's own mind. It is like trying to quiet the ocean by pressing upon the waves. Sanity lies in somehow opening to the chaos, allowing anxiety, moving deeply into the tumult, diving into the waves, where underneath, within, peace simply is.”

Gerald May

# **MARIE INSTITUTE**

## **of Behavioral Technology**

### **MINDFULNESS RETREAT**

### **FOR MENTAL HEALTH CARE PROVIDERS**

**January 27-31, 2010**

**Leader: Fr. Pat Hawk Roshi**  
**Assistant: Marsha M. Linehan, Ph.D.**

#### **Mindfulness**

Mindfulness practice has its roots in Eastern meditative and Western Christian contemplative traditions. The contemporary clinical use of mindfulness has focused on the core characteristics of mindfulness practice, independent of its spiritual origin and background. In this context, mindfulness is understood as the practice of awareness of “what is” at the level of direct and immediate experience separate from concepts, category, and expectations. It is the practice of living awake, with your eyes wide open; allowing the moment, so to speak. Mindfulness is thus the practice of willingness to be alive to the moment and radical acceptance of the entirety of moment. The path of mindfulness is a journey without maps or destination, a path for you to discover and experience for yourself. At the same time, it is the window to freedom and wisdom.

#### **The Mindfulness Retreat**

The Mindfulness Retreat offers the opportunity for an extended period of practice. At a retreat, we separate ourselves from our daily affairs in order to sink deeply into mindful practice, free to transcend the background chatter of our busy minds. These retreats follow the style and format initiated by Willigis Jaeger, O.S.B. (Koun Roshi). Formal procedures are observed. We practice together but we do not interact. Silence is observed throughout the retreat with the exception of the opening and closing meals, private interviews with the teacher, and the question and answer periods. A brief mindfulness talk is given each morning by Pat Hawk Roshi and a brief response/translation talk is given each afternoon by Marsha Linehan.

#### **Format**

The Retreat consists of four daily blocks of sitting: early morning, late morning, afternoon and evening. Each block is broken up into periods of 25 minutes of sitting. There is a 5 minute period of walking mindfulness between each period of sitting. Private interviews with the teacher are held during blocks of sitting. There is a rest period after each block of sitting and a daily work period. Mindfulness practice periods of extended walking, movement, and mindful dance are interspersed within sitting periods. It is assumed that everyone will participate fully in the daily cycle unless prior arrangements have been made.

Registration starts at 3:00 of the first day and supper is served at 5:30

#### **Redemptorist Picture Rocks Retreat Center-Pathless Path**

Picture Rocks Retreat Center is a spiritual center located in Tucson, Arizona. The Pathless Path, founded by Fr. Pat Hawk Roshi and housed at Picture Rocks, is dedicated to the practice of silent meditation. It has its own building with a Meditation Room, a Zen Garden, an interview room, a kitchen, and laundry room. Single and double private bedroom/bathrooms are available. The retreat center is adjacent to Saguaro National Park West and reflects the beauty and silence of the Arizona-Sonoran Desert. The grounds are alive with desert plants and animals, including a rich and varied bird population.

## ***Retreat Leaders***

### **Fr. Pat Hawk Roshi**

Fr. Pat Hawk Roshi is a member of the Congregation of the Most Holy Redeemer (Redemptorists) and was ordained to the Roman Catholic priesthood in 1969. He has completed degrees in philosophy, theology and English literature. Fr. Pat Hawk Roshi is a qualified teacher of Contemplation, having completed studies in the Catholic tradition of Contemplation and Mysticism under the direction and personal guidance of Fr. Willigis Jaeger, OSB.

Fr. Pat Hawk Roshi is also a confirmed teacher in The Diamond Sangha, a lay sangha founded in Hawaii in 1959 by Robert and Anne Aitken. The Diamond Sangha is an independent Zen lineage in the Harada-Yasutani tradition, a blending of the Rinzai and Soto schools of Zen. It traces its lineage back to Hakuin Ekaku, the 18th century reformer of the Rinzai sect, and Dogen Kigen, the 13th century founder of the Soto sect in Japan. Fr. Pat Hawk Roshi formally began Zen practice in 1978 as a student of Robert Aitken Roshi, and in 1981 as a student of Fr. Willigis Jaeger (OSB) Roshi. Fr. Pat Hawk Roshi received Dharma Transmission from Aitken Roshi and was confirmed a Zen Master of the Diamond Sangha in May 1989.

### **Dr. Marsha Linehan**

Marsha M. Linehan, Ph.D., ABPP, is a Professor of Psychology and of Psychiatry and Behavioral Sciences at the University of Washington. The treatment she has developed— Dialectical Behavior Therapy (DBT) – is one of several empirically supported therapies that integrate mindfulness with standard cognitive-behavioral therapy. She has received numerous awards recognizing her clinical and research contributions. She is the past-president of the Association of Behavioral and Cognitive Therapies and of the American Psychological Association Society of Clinical Psychology.

Dr. Linehan has studied Spiritual Direction under the guidance of Rev. Tilden Edwards and Gerald May, M.D. and Christian Contemplation under the personal guidance of [Fr. Willigis Jaeger](#), O.S.B., Koun Roshi, a Zen master of the Harada-Yasutani tradition ([Sanbo-Kyodan-School](#)). She formally began Zen practice in 1986 as a student of Fr. Willigis Jaeger Roshi and in 2002 as a student of Fr. Pat Hawk Roshi. With Fr. Jaeger Roshi, she has translated aspects of both Zen and Contemplative practices into behaviorally specific instructions for mindfulness practice that can be taught to clients in psychotherapy. Dr. Linehan has been an Assistant Zen Teacher under Jaeger Roshi since 2004.

## Registration

### ALL REGISTRATIONS MUST BE RECEIVED BY FRIDAY, DECEMBER 11, 2009,

We expect to fill the 33 places quickly. A completed registration form and full payment guarantee you a place. If full payment is not a possibility for you, please telephone Susan Edwards Sparrowhawk at 206-675-8588 or 206.265.2505.

---

Last Name	First Name	MI
-----------	------------	----

---

Address \_\_\_\_\_

---

City	State	Zip
------	-------	-----

---

Telephone (Office)	(Home)	(Email)
--------------------	--------	---------

Single Room (\$464) \_\_\_\_ OR Double Room (\$394) \_\_\_\_ (Fee includes all meals)

Check Enclosed in the amount of \$ \_\_\_\_\_

Roommate preference \_\_\_\_\_

For contemplation, I prefer to sit on a zabuton (padded mat) \_\_\_\_\_, zafus (pillows) \_\_\_\_\_, or chair \_\_\_\_\_.

I will need accommodation for physical limitations \_\_\_\_\_. Please explain \_\_\_\_\_

I would like to be served vegetarian meals \_\_\_\_\_

### RETREAT TUITION

Retreat has limited capacity (34 total participants); please pre-register early. Tuition is based upon the type of accommodations participants require. Single-occupancy and double-occupancy sleeping rooms are available. If you wish to room with a specific person, please so indicate in the space provided. Room rates for the retreat include sleeping accommodations for Wednesday through Saturday nights and meals for Wednesday evening (dinner) through Sunday morning (breakfast). The rate for **double-occupancy** retreat participants is **\$394.00 per person**. The rate for **single-occupancy** retreat participants is **\$464.00 per person**. There are no group or student discounts available.

### REGISTRATION

Please complete the registration form and submit with payment to secure your reservation. **Check is the only payment method available.** Please make checks payable to *Marie Institute*. Mail completed registration form and payment to: **Marie Institute, ATTN: Susan Edwards Sparrowhawk, 2133 Third Avenue, Suite 205, Seattle, WA 98121.** *Sorry, we are unable to accept purchase orders but can accept payments via PayPal (please contact Susan Edwards Sparrowhawk for more details on PayPal payments).* You may also email this form to Susan at [sedwards@behavioraltech.org](mailto:sedwards@behavioraltech.org) and mail your check separately. Please note that your registration is not complete until payment is received. Thank you so much.

### CANCELLATIONS AND REFUNDS

Requests for refunds must be made in writing. Full refunds will be made for requests postmarked 15 days prior to the beginning of the retreat. No refunds will be made thereafter.

### RETREAT LOCATION

Situated in the foothills of the Tucson Mountains and the beautiful Sonoran Desert, Picture Rocks Retreat is a spiritual life and retreat center that provides a unique opportunity for solitude, reflection, prayer and contemplative practice. Located on 120 acres that border the Saguaro National Park West, it is a site that appeals to the nature lover and gently challenges the more urban personality. The Retreat is 25 miles from the Tucson Airport and 16 miles from downtown Tucson. Please see the map and directions below.

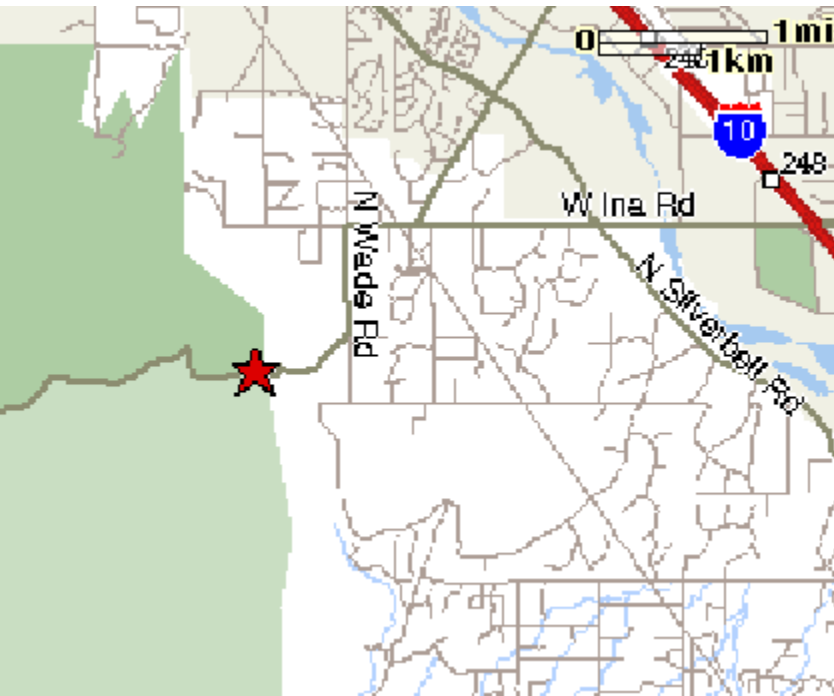
### TRANSPORTATION TO/FROM AIRPORT

Picture Rocks Retreat does not provide transportation. Arizona Stagecoach, a shuttle service, charges \$35 per person each way for the first two passengers, with a reduced rate of \$6 for each additional person when more than two customers are traveling to the same destination. If purchased as a round trip between Picture Rocks and the airport, the cost is \$66 per person, with additional passengers discounted as in the one-way fare. Their telephone number is 520-889-1000. Groups of participants may wish to split the total fee or rent a car together instead.

### ITEMS TO BRING

Due to the fluctuation in room temperatures, please bring a sweater or jacket in order to keep yourself comfortable. Please wear solid, dark, loose clothing. Brightly colored or printed clothing can be distracting to others. Loose-fitting clothing is best for comfort during the extended periods of sitting. Shorts and tank tops are not allowed in the contemplation room, although you may wear them during work or rest periods. Please remove extraneous jewelry for the duration of the retreat. Perfumes, after-shave, and colognes can also be distracting to others. Sandals or slip-on shoes are recommended for basic outdoor walking during the retreat, and are easily removed at the front door to the St. Alphonsus building. You may wish to keep other shoes handy for extended outdoor walking contemplation, if you plan to hike, or if you would like to garden. You may also wish to bring an alarm clock to assist you in waking each morning.

## ***DIRECTIONS TO PICTURE ROCKS RETREAT***



Take the INA ROAD exit off of I-10 and head west (turn right off of the ramp if you are coming from Phoenix, left off the ramp coming from El Paso).

At about the 1 mile mark, there will be a stoplight (Silverbell and Ina). Continue straight on Ina for about another mile, and then turn LEFT onto WADE ROAD.

After about another mile or so, you will round a sharp curve on Wade, and the street name changes to Picture Rocks Road.

The retreat center will be about 0.3 of a mile ahead on your left. Turn into the retreat center driveway and go to the front office for your room assignment and key.