

Buddhist Recovery Network Inaugural Conference

Recovery from Addiction in a Buddhist Context



Trudy Goodman, Kevin Griffin, Noah Levine, Dr. Kathy Lustyk,
Professor G. Alan Marlatt, Thich Dao Quang, Santikaro
and many other workshop and panel speakers.



Against the Stream Buddhist Meditation Society

4300 Melrose Avenue, Los Angeles, CA 90029 USA

www.buddhistrecovery.org



The best place to start
is at the beginning...



Welcome

The Buddhist Recovery Network (BRN)'s inaugural Conference provides an unprecedented opportunity to explore the use of Buddhist teachings and practices in healing the suffering caused by addictive behaviors.

The Conference provides a broad platform for a diverse range of perspectives to be heard, including presentations from experts in the fields of psychology, psychotherapy, Buddhism and neuroscience. At the time of writing 17 speakers have been engaged, listed on pages 4 and 5.

Attendees will come away from the experience with a broad understanding of how Buddhist approaches and practices can help inform and alleviate the suffering caused by addiction. The relationship of these approaches to current research and practice in the broader recovery field will also be covered.

The Conference will be limited to a maximum of 120 attendees. This will ensure a relaxed, intimate environment with a high level of interaction between speakers and other participants, and ample opportunity for dialogue and questions. There will also be an opportunity to engage in meditative practices together.

The sponsor of the Conference, the BRN, is open to people of all backgrounds and is respectful of all recovery paths. The organization promotes mindfulness and meditation, and is grounded in Buddhist principles of non-harming, compassion and interdependence. It seeks to serve an international and diverse audience through teaching, training, treatment, research, publication, advocacy and community-building initiatives (further information is available at www.buddhistrecovery.org).

The BRN doesn't seek to spread a dogma or system of recovery, but rather to act as a hub from which a mandala of skilful means, community support, research, and treatment might grow, bringing new visions of healing to the recovery community and a deeper understanding of ancient Buddhist wisdom to us all.

Because of the limit on the numbers we encourage you to reserve a place early to avoid disappointment.

We warmly invite you to become part of the inaugural Conference, and look forward to seeing you in October. Please contact paul@buddhistrecovery.org if you have any questions.

The Board of the Buddhist Recovery Network

(Ellen Berryman, Sheila Blackford JD, Dr Ann Bolger, Kevin Griffin, Noah Levine, Professor G. Alan Marlatt, Timothy O'Brien, Paul Saintilan)

MAY 2009

Keynote Speakers



Trudy Goodman



Kevin Griffin



Professor Marlatt



Noah Levine

Trudy Goodman has been an ordained lay Zen Buddhist since 1976. A practicing psychotherapist, she now teaches vipassana meditation at Spirit Rock Meditation Center, Insight Meditation Society, and the Barre Center for Buddhist Studies. She is a founder and guiding teacher of InsightLA, Growing Spirit (a family program) and the Center for Mindfulness and Psychotherapy in Los Angeles, and the first Institute for Meditation and Psychotherapy, in Cambridge MA, where she lived and taught at the Cambridge Buddhist Association from 1991-99.

Kevin Griffin is the author of *One Breath at a Time: Buddhism and the Twelve Steps* (Rodale Press, 2004) and the forthcoming *A Burning Desire: Dharma God and the Path of Recovery* (Hay House, 2009). He is a leader in the mindful recovery movement and a co-founder of the Buddhist Recovery Network. He teaches at treatment centers, spiritual centers, professional conferences, and colleges across the U.S. Trained as a Community Dharma Leader at Spirit Rock Meditation Center, he takes a spontaneous and intimate approach to teaching mindfulness, drawing from a depth of experience in recovery, in meditation, and in group facilitation. His many years as a professional musician and writer inform his creative approach to healing.

Professor G. Alan Marlatt is Professor of Psychology and Director of the Addictive Behaviors Research Center at the University of Washington. In addition to over 200 journal articles and book chapters, he has published several books in the addictions field. He specializes in relapse prevention and has received several awards for his work, including the Jellinek Memorial Award for Alcohol Studies (1990), the Innovators Combating Substance Abuse Award from the Robert Wood Johnson Foundation (2001), and the Distinguished Research Award from the Research Society on Alcoholism (2004). He is a Buddhist who practices in the Shambhala tradition.

Noah Levine, author of *Dharma Punx* and *Against The Stream*, is a Buddhist teacher, author and counsellor. He was trained to teach by Jack Kornfield of Spirit Rock Meditation Center in Woodacre, CA. He is the founding teacher of Against the Stream Buddhist Meditation Society, with a Center in Los Angeles and over 20 affiliated groups around North America. He teaches meditation classes, workshops and retreats internationally. Noah holds a Masters degree in counseling psychology. He lives in Los Angeles.



Thich Dao Quang



Santikaro



Jeff Bell



Dr. Ann Bolger

Thich Dao Quang (Thay) was born and raised as a Buddhist in a small village in central Vietnam, and in 1991 he entered a monastery and received instruction from Thich Thanh Tu. Thay moved to America in 1994, and in 2005 became Abbot of the Tam Bao Vietnamese Temple in Baton Rouge, Louisiana. He has a degree in Psychology and a Masters in Community Counseling. Thay works with mental health professionals regarding the use of meditation in addressing mental health disorders. He has also taught mindfulness techniques to prisoners in state facilities in Georgia and Texas.

Santikaro is a Dhamma student-practitioner, translator, and Buddhist meditation teacher who lives with his wife Jo Marie at Liberation Park in Norwalk, WI. Inspired by the suttas of early Buddhism and guided by the profound influence of Buddhadasa Bhikkhu, Santikaro seeks to translate the heart of the Buddha's liberating message into a life free of suffering in the midst of the challenges of modern life. Through Liberation Park, he seeks to support Buddhist study and practice in the Midwest, along with other movements for true healing. In 2004-06, AA friends in the Chicago area initiated a dialogue concerning Buddhism and the 12 Steps. The talks Santikaro gave during that dialogue can be found at www.liberationpark.org. Subsequently, Santikaro has begun to meet with alcoholics and addiction counselors in Siam when he visits there annually and is consulting with a new culturally appropriate translation of the Big Book into Thai.

Other Workshop Facilitators, Speakers and Panel Members

The Conference will also feature a diverse range of workshop and panel speakers such as:

Jeff Bell is the author of the forthcoming book *When in Doubt, Make Belief: Life Lessons from OCD*, offering a look at the many parallels between OCD doubt and everyday uncertainty, and the critical roles that applied belief and mindfulness can play in addressing both. A recovering OCD sufferer, himself, Bell speaks on behalf of a number of mental health organizations and makes his living as a radio news anchor in San Francisco.

Dr Ann Bolger is a Clinical Psychologist who maintains private psychotherapy practices in west San Jose and in Santa Cruz, specializing in the treatment of substance abuse and other addictions. She has trained extensively as a Mindfulness-Based Stress Reduction teacher with Drs. Jon Kabat-Zinn and Bob Stahl. At present, she is teaching Mindfulness-Based Relapse Prevention to people recovering from alcoholism and drug addiction in the Bay Area. Previously, she held Lecturer appointments at San Jose State University (SJSU) and has served as Vice President of the Board of the Silicon Valley chapter of the National Council on Alcoholism and Drug Dependence (NCADD).

Other confirmed speakers in workshops and panels include: Ann Buck, Laura Burges, Pablo Das, Damon Gay, Rev. Alex Holt, Dr Kathy Lustyk, Rev. Elizabeth Munoz, Mary Stancavage, and Diana Winston.

AGAINST THE STREAM BUDDHIST MEDITATION SOCIETY



The Venue:

Against the Stream Meditation Center

4300 Melrose Avenue,

Los Angeles, CA 90029, USA

Phone: 323.665.4300

Email: service@againstthestream.org

Website: <http://againstthestream.org/>

Map: <http://againstthestream.org/contact-us>

(Please do not attempt to book Conference tickets from Against The Stream)

Against the Stream Buddhist Meditation Society was founded by Noah Levine, author of Dharma Punx and Against the Stream, to make the teachings of the Buddha available to all who are interested. Its mission is to create and sustain communities of healthy, accountable, wise and compassionate people from every walk of life. ATS welcomes people from all racial, economic, sexual, social, political and religious backgrounds and preferences and believes that the path of awakening is attainable by all and should be available to all. It provides a meditation and Buddhism Center for a largely under-served population. The Society received 501(c)(3) status from the IRS and is tax-exempt, non-profit corporation.

ATS opened the doors of its Center in February 2008 and has offered several weekly classes, day-long and year-long programs, class series and special events. And true to its mission, no one was ever turned away because of lack of funds. Over 14% of the attendees at the non-weekly classes received scholarships of some level which equaled over \$10,000 in support to the community. Another part of its core mission is a commitment to social action, and Sangha members have begun to feed the homeless, work with gang and prison populations and those in recovery centers. ATS is also laying the foundation for the future by instituting Teacher and Facilitator training programs. Against the Stream plans to remain at the forefront of American Buddhism, a tradition influenced and inspired by the wisdom and compassion teachings of all the Buddhist traditions.

Trinity Church

Some events, including lunch, will be held across from the ATS Center at Trinity Church, a diverse, inclusive, and lively parish of the Episcopal Church.



Conference Program

Thursday, October 8th. The Center will be open between 7:00pm and 9:00pm for pre-registration. *Sitting Meditation (optional)*

	Friday October 9th	Saturday October 10th	Sunday October 11th
7:30 am	Sitting Meditation (optional) Registration	Sitting Meditation (optional)	Sitting Meditation (optional)
9:00 am- 10:00 Keynote	<i>Welcome:</i> Noah Levine <i>"What Is Buddhist Recovery?"</i> Kevin Griffin	<i>"Addiction To Self"</i> Santikaro	<i>"Where Does the Buddhist Recovery Network Go From Here?"</i> Open group discussion with Board members
10:00 am- 12:00 Morning Breakout Sessions	<i>Addiction and the Neuroscience of Mindfulness</i> Dr. Kathy Lustyk & Prof. G. Alan Marlatt	<i>Eating Workshop; Eating as Practice</i> Pablo Das	
	<i>A Buddhist Approach to Recovery</i> Noah Levine	<i>Service Panel</i> Mary Stancavage & Ann Buck	
		<i>Uncertainty and Mindfulness; Lessons from OCD</i> Jeff Bell	
12:00 to 2:00	Lunch (Will be available from nearby Trinity Church)	Lunch (Will be available from nearby Trinity Church)	Closed
2:00pm	<i>Keynote: Mindfulness Based Relapse Prevention (MBRP):</i> Prof. G. Alan Marlatt Alan will also introduce Dr Kathy Lustyk	<i>Keynote Presentation</i> Thich Dao Quang ('Thay')	



Conference Program

	Friday October 9th	Saturday October 10th	Sunday October 11th
3:00-5:00 Afternoon Breakout Sessions	<i>Mindfulness Based Relapse Prevention (MBRP) Workshop:</i> Dr Ann Bolger	<i>Addictive Culture Panel:</i> Diana Winston & Santikaro	
	<i>Facilitating Buddhist Recovery Groups – cross- tradition panel:</i> Laura Burges, Damon Gay, Rev. Alex Holt & Kevin Griffin	<i>Depression, Stress, & Anxiety in Recovery:</i> Workshop with Trudy Goodman	
5:00-7:00	<i>Break For Dinner</i>	<i>Break For Dinner</i>	
7:00-8:00	<i>Keynote:</i> Trudy Goodman	<i>The God Dialogue:</i> Noah Levine, Kevin Griffin and others.	
8:00	<i>Music:</i> Raoul	Readings from the play: <i>“Bill W. and Dr. Bob”</i> Written by Janet Surrey & Stephen Bergman	



BUDDHIST RECOVERY

Conference Ticket Pricing:

Three Day Conference Package

	Early Bird (Up to June 30th)	After July 1st
Standard	\$300.00	\$400.00
Student/Concession*	\$250.00	\$350.00

All prices are in US dollars.

Members are entitled to a further \$30 discount – see Membership information on page 10 for further information.

Tickets will go on sale to the general public on Monday June 15th and will be processed in order of receipt.

Due to space constraints, priority is being given to three day attendance. The opportunity to attend individual days may not be available. Should you wish to register interest in attending for one day (@ \$130 per day), please email: paul@buddhistrecovery.org. You will be notified in early September if this is possible.

There are two ways to reserve your place:

(i) **Online** – Go to www.buddhistrecovery.org and follow the prompts. Safe, secure credit card purchases are facilitated through our partner Acceptiva.

(ii) **Mail** – The BRN encourages online purchase, which is free (there is a \$15 processing fee for mail bookings). Please complete the attached form. Your check in US dollars (made payable to 'Buddhist Recovery Network') should be mailed to:

The Treasurer
Buddhist Recovery Network
2225 1st Ave., #301,
Seattle, WA 98121.
USA

Please email: paul@buddhistrecovery.org
if you have any questions.

Buddhist Recovery Network Organizational Information

The Buddhist Recovery Network is a not for profit organization incorporated in Oregon, USA. The BRN also qualifies to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the U.S. Federal Internal Revenue Service Code. Further information is available online at <http://www.buddhistrecovery.org>. The organisation's official address is at: P. O. Box 4, Marylhurst, Oregon 97036, USA (please do not send booking forms to this address).

The Network's Patron is Jack Kornfield.

*See further details on page 10

Become a Charter Member

The 2009 Conference represents the public launch of the Buddhist Recovery Network. As part of this public launch, the BRN will be offering a limited number of Charter Memberships. A charter member is an original member, one who became a member when the organization received its charter or was formally instituted. Charter membership is an “I was there at the start” membership that demonstrates your commitment to support the organization from its earliest stages. Establishing a membership base and building a community of supporters is vital for the BRN to flourish, and in turn to strongly promote the values and approaches it stands for within the wider community.

The price of a Charter Membership is US\$50, which will cover the initial membership period from July 1st 2009 to June 30th, 2010. Charter Members will receive \$30 off the Conference ticket price (in addition to other discounts you may be eligible for which are specified on page 9). Other membership entitlements include an email newsletter updating members on the work of the organization, as well as priority booking and discounts on future events.

Charter Membership can be purchased as part of your Conference package (online or via mail). Charter Membership without Conference attendance can only be purchased via the website: www.buddhistrecovery.org. No discounts are available for Charter Membership, there is just one standard (\$50) price.

Conditions, Policies and General Information

Concession Policy: Concession pricing is available for full-time students and the unemployed. A maximum of 20 concession places will be initially made available.

Refund Policy: In the event of the entire Conference being postponed or cancelled, a full refund will be paid. Please note that the Buddhist Recovery Network reserves the right to amend details of the advertised program, including presenters and keynote speakers. Should a Conference attendee seek to cancel their enrollment, if this is prior to October 6, 2009 the fee will be refunded, less a \$50 service fee. After October 6, 2009, refunds will not be possible, as there would be limited opportunity to make the place available to others.

Privacy, Anti-Discrimination, Anti-Harassment and Conflict of Interest Policies: The Buddhist Recovery Network has published policies on Privacy, Discrimination, Harassment and Conflict of Interest. These policies can be viewed online at: <http://www.buddhistrecovery.org/policies.htm>

Continuing Education Credits: At this stage no guarantee is provided for the availability of Continuing Education Credits. However, we are looking into this possibility for a small number of sessions. Please email paul@buddhistrecovery.org if credits are vitally important to you, and you wish to be updated on their availability prior to purchasing a ticket.

Meals: Meals are not included in the Conference package price. Reasonably priced lunches will be available for Conference participants on the Friday and the Saturday at Trinity Church across the road from the Conference Center.

Unreserved Seating: Note that seating is unreserved.

Handicap/Wheelchair Access: Please note that the venue is not fully handicap accessible and that stairs need to be ascended to reach some of the breakout spaces.

Hotel Information and Parking: Tickets will be receipted with a welcome letter providing additional information on matters such as recommended Hotels.

Thanks and Acknowledgements

The Board of the Buddhist Recovery Network would like to thank the following people for their support of the Conference to date: Mary Stancavage and the Against The Stream sangha; The Gooden Center; our brochure designer Eleni Diamantopoulos; our web guru Dridhamati; Josie Ramirez-Herndon and www.recoveryview.com; and members of our Advisory Council.

ENROLLMENT FORM: BUDDHIST RECOVERY NETWORK

INAUGURAL 2009 CONFERENCE

**Please note that online bookings can be made quickly and securely at www.buddhistrecovery.org. This form is only intended for those who would have difficulty purchasing tickets online. Those who can purchase online are encouraged to do so.

Please complete all fields

Title First Name Last Name

MALE FEMALE

Mailing Address

Telephone

Email

Workshop Choices

Please select the Workshop/Panel Discussions you wish to attend: (See pages 7 and 8 for full information)

Morning Breakout Sessions	Friday (check one box per column)	Saturday (check one box per column)	Afternoon Breakout Sessions	Friday (check one box per column)	Saturday (check one box per column)
	<input type="checkbox"/> 1. Addiction and the Neuroscience of Mindfulness (Marlatt/Lustyk)	<input type="checkbox"/> 1. Eating Workshop (Pablo Das)		<input type="checkbox"/> 1. Mindfulness Based Relapse Prevention (MBRP) Workshop (Dr. Ann Bolger)	<input type="checkbox"/> 1. Addictive Culture Panel: (Diana Winston & Santikaro)
	<input type="checkbox"/> 2. A Buddhist Approach to Recovery (Noah Levine)	<input type="checkbox"/> 2. Service Panel: (Mary Stancavage & Ann Buck)		<input type="checkbox"/> 2. Facilitating Buddhist Recovery Groups: cross-tradition panel	<input type="checkbox"/> 2. Depression Stress & Anxiety (Trudy Goodman)
		<input type="checkbox"/> 3. OCD & Mindfulness with Jeff Bell			

Payment

Three Day Conference Fee

US \$400

Less early purchase discount if purchasing before July 1 (\$100)

Less Concession discount if eligible (see page 10) (\$50)

If you would like to become a Charter Member \$20

Processing Fee (mailed forms) \$15

If you wish to make a donation \$ _____

TOTAL \$ _____

Documentation proving eligibility must be enclosed with your enrollment form.

Payment Method

Check: made payable to 'Buddhist Recovery Network' Or

Credit Card:

no:

MasterCard American Express Visa

Expiration Date

Authorized Signature

Please mail this form to: The Treasurer, Buddhist Recovery Network, 2225 1st Ave., #301, Seattle, WA 98121 USA

Within 7 days of receiving your enrollment form the BRN will email you a receipt and a welcome letter providing further information on accommodation and other matters.

Photography: There will be still and video photography at the Conference. Some of this footage may be made available online to promote the BRN and its work. If you wish to be specifically excluded from any of this activity, and do not authorize your image to be used, please tick the box to the right.

To enable us to better understand our audience/members, we would be grateful if you could select the boxes below that best describe you.

PLEASE FEEL FREE TO SELECT MORE THAN ONE BOX:

- Academic Researcher in the area of addiction and recovery
- Academic Researcher in the area of mindfulness
- Psychologist, psychotherapist or psychiatrist involved in addiction and recovery
- Dharma Teacher
- 'Buddhist Recovery' Retreat Facilitator
- Facilitator of a recovery group ('Twelve Step' related or other)
- In recovery within a Twelve Step context
- In recovery outside of a Twelve Step context
- Other _____

