



## Aware Immersion Weekend with Dan Siegel Course Description, Schedule, and Students' Feedback

May 15<sup>th</sup> – May 17<sup>th</sup>, 2020

This spring we are happy to present a special **Aware Immersion Weekend**. Our immersions are exciting, emotionally engaging, dynamic learning experiences with Dan in a small group setting. Exploring the science behind awareness, presence, and interpersonal neurobiology provides a foundation for this immersion, reinforcing fundamental ideas and pushing the boundaries of knowledge further to explore the nature of wisdom, kindness, and connection. We'll link science with practical applications.

For this special **Aware Immersion**, we will be limiting our materials to Dan's newest books – *Mind: A Journey to the Heart of Being Human* and *Aware: The Science and Practice of Presence* – as well as his Wheel of Awareness meditation practice.

In preparation for the weekend, you will have the option to either select on your own or be assigned one or two chapters from either of the aforementioned books:

- *The New York Times bestseller: Mind: A Journey to the Heart of Being Human*
- *The New York Times bestseller: Aware: The Science and Practice of Presence*

You will have the opportunity to interview Dan for 15 – 20 minutes about any portion of the assigned chapter that you consider most useful, perplexing, or otherwise compelling. This designated time is offered for you to have the chance to deeply explore a few questions or concepts arising from you selected or assigned reading and discuss them directly with Dan. You may provide your own overall understanding of the chapters and their relevance to your professional and/or personal development. Participants have found this approach useful in focusing their preparation and deepening their comprehension as they actively integrate Dan's concepts into their own life and work.

Chapter assignments will be made one month before the immersion weekend. If you have particular chapters you wish to be assigned, please let us know as soon as possible. We will make every effort to honor your request.

The Mindsight Immersion Weekend setting encourages active preparation both before and during the weekend in order to most fully benefit from you time with us. Our immersion style approach has proven quite rewarding for past workshop participants. Rather than reading passively, we encourage you “to make the material your own.” Past participants have confirmed that our format provided enhanced learning and practice for how to use and apply the material.

Get ready for some serious and fun explorations, camaraderie and all-around good cheer. We are looking forward to an enriching and invigorating weekend.

## Schedule (14 CEs)

### Friday

**2:00 pm – 7:00 pm** (Light Refreshments)

- Welcome and Introductory Lecture by Dan Siegel
- Participants' Introductions and Weekend Orientation
- Dan's Lecture and Participants' Interviews of Dan, Part 1

### Saturday

**9:00 am – 12:00 pm**

- Dan's Lecture and Participants' Interviews of Dan, Part 2

**12:00 pm – 1:00 pm** *Lunch Provided*

**1:00 pm – 5:00 pm**

- Dan's Lecture and Participants' Interviews of Dan, Part 3

**5:00 pm – Open** *Optional Walk*

### Sunday

**9:00 am – 1:30 pm**

- Dan's Lecture and Participants' Interviews of Dan, Part 4
- Immersion Weekend Wrap-Up and receive your Certificate of Completion

## Students' Feedback

“This was such a wonderful weekend, both for the scientific content and the practical take-home clinical applications, as well as for the warm and supportive atmosphere experienced at all times.” – Elena, Licensed Psychologist and Psychotherapist; Buenos Aires, Argentina

“Grateful for having been part of such a fascinating experience of knowledge and integration. Now, I have the challenging and marvelous task of passing the acquired knowledge along to my colleagues in Chile. Thanks for the opportunity and for making this possible!” – Claudia, Physician; Chile

“The spirit of empathy, encouragement and thoughtful feedback imbues our individual endeavors, as we work to apply IPNB concepts in our specialized areas. It’s definitely a conciliatory and compassionate atmosphere.” – Julie, MFC; California

“Thanks for your presence and individualized attention you gave so freely to each of us in our different places with our different questions.” – Judith; Washington

“What a precious opportunity – THANK YOU for keeping the format small and the opportunity for intimate conversation/personal connection.” – Leslie, Psychologist; Michigan

“Dan’s kindness towards each one of us, enthralling integration of neuroscience and relationships, and delightful candor, humor and humility, left me clinically informed, and much more hopeful about the power and potential of human connection. It was an exciting and intimate weekend, for which I am deeply grateful.” – Beth, M.S., LMFT; California