

Practical Applications of Buddhist Psychology

presented by

visiting USA teacher **Dawa Tarchin Phillips**
and Melbourne based **Penny Fenner**

Buddha's teachings offer a powerful range of transformative practices and methods that can enable psychologists to be more present and effective personally and with clients. Mindfulness is a popular well-tested practice. Customised visualisation and presence practices also assist in working directly with difficult issues, enabling sustained transformation. Dawa and Penny bring decades of Buddhist and psychological knowledge, facilitation, coaching and therapy experience to this workshop. They will demonstrate how to integrate and embody awareness practices into life and work. They will also address misconceptions about Buddhist theory and practice.



DAWA TARCHIN PHILLIPS is a visionary leader and research specialist in the Department of Psychological and Brain Sciences at the University of California Santa Barbara. His research focuses on the cognitive and academic benefits of secular mindfulness in school children, young adults and educational leaders, funded by the U.S. Department of Education. An advanced Buddhist practitioner for over 20 years, he completed two 3-year meditation retreats and teaches as an authorized, non-sectarian lama of the Kagyu School of Tibetan Buddhism in the U.S. and abroad. He is the acting resident teacher of the Bodhi Path Buddhist Center of Santa Barbara. He has been a guest lecturer at numerous academic and educational institutions. Dawa lives and practises in Santa Barbara, USA.

PENNY FENNER is a psychologist and leader in the integration of Buddhism in the west. She has studied and practised Buddhism for 40 years. For 25 years she has distilled and synthesised her knowledge, integrating ancient wisdom and contemporary practice in individual, group and retreat settings in Australia and abroad. She offers insight and wisdom in ways that are immediately practical and relevant for therapists, leaders and individuals. Penny presents globally at conferences and institutions. Her writings include *Essential Wisdom Teachings: the way to Inner Peace* (with Peter Fenner), *Healing from the Heart* in a volume of essays, *Listening from the Heart of Silence* (ed. Prendergast and Bradford). She is based in Melbourne.



DATE: Saturday March 1: 1pm - 5pm

VENUE: Ashburton Baptist Church, 10 Y Street, Ashburton

COST: \$125 BPIG members; \$140 non-members

To register paste this link into your browser: <http://psychology.org.au/Events/EventView.aspx?ID=13751>

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