

Zen and the Art of Healing

a Masterclass with Professor Ellen Birx

18 & 19 May 2010



The aim of this experiential workshop is to apply Zen literature, practices, and insights to expand and enrich the art of healing. We will experience and discuss a variety of meditation practices and explore their implications for the clinical practice and the knowledge development approaches of health care providers. Key concepts addressed in this workshop include healing, presence, nonduality, the wisdom of not knowing, and compassionate health care.

Objectives

Participants in this class will:

- Discuss Zen as a unitary-transformative approach to caring and healing.
- Differentiate between healing and curing.
- Practice several meditation techniques.
- Explore the healing power of Zen koans and poetry.
- Describe the influence of Zen on psychotherapy approaches.
- Differentiate between psychological and spiritual development.
- Explain the relationships between meditation and patterns of knowing in nursing and health care.
- Discuss meditation, literature, and qualitative research methods as ways to humanize health care environments.

Biography

Ellen Birx has a PhD in Psychiatric-Mental Health Nursing from the University of Texas at Austin and for the past 25 years has been a Professor in the School of Nursing at Radford University in Radford, Virginia.

She is a Zen teacher in the White Plum lineage. She received Dharma transmission from Roshi Robert Jinsen Kennedy and teaches Soto and Rinzaï Zen. She is co-founder of New River Zen Community and a member of the American Zen Teachers' Association. She is the author of *Healing Zen* and co-author of *Waking Up Together*. She has published articles in professional journals and is on the editorial review board for the *Journal of Holistic Nursing*.

Contact: cqr@bournemouth.ac.uk for more information call Claire: +44 (0)1202 962179

Schedule

9.00 coffee
9.30 first session begins
12.30 Lunch
13.30 second session begins
16.30 day ends

The Centre for Qualitative Research Masterclasses

appeal to both post-graduate students and academics working with qualitative methods. The Masterclass will be held over two full days, 18 & 19 May 2010, at Bournemouth University.

Costs and booking information

The fee of £130.00 for this Masterclass includes two full days with the course facilitators, all refreshments and all class materials. Cheques should be made payable to **Bournemouth University**. Invoices can only be issued on receipt of a purchase order number. Cancellations received up to six weeks before each masterclass will be refunded less an administration charge of 25%. No refunds can be processed after six weeks have elapsed. Places are limited and operate on a "first come, first served" basis.

Your Details:

Title:Name:

Position:Organisation:

Address:

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..... Post Code:.....

Telephone:Fax:

Email:

Please reserve place(s) in the name of:

.....

for the two-day Masterclass indicated above at £130.00 per person.

Please advise of any requirements for diet/disabled access

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Enquiries and registration:

Tel: (01202) 962179
Fax: (01202) 962194

Email: cqr@bournemouth.ac.uk

Centre for Qualitative Research

Bournemouth University
HSC, Royal London House
Christchurch Road
Bournemouth, BH1 3LT, UK

Payment Details

Please tick appropriate box

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Signature:

Extra Information

Price includes two full days with the Masterclass Facilitator. There is no day rate for this event. Places are limited and operate on a "first come, first served" basis.

Please forward all enquiries and/or booking forms to:

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