



NALANDA INSTITUTE

Contemplative Psychotherapy Program

The Compassion Year



Join contemplative psychotherapy pioneer Joe Loizzo, MD, PhD, and Pilar Jennings, PhD, along with meditation master Robert Thurman, PhD for the Nalanda Institute Contemplative Psychotherapy Program: The Compassion Year, a historic program offering an intensive step-by-step learning experience

integrating Buddhist psychology and meditation, with the most promising breakthroughs in contemporary neuroscience, health psychology, and psychotherapy.

Our faculty includes expert pioneers and thought leaders Joe Loizzo, Robert Thurman, Tara Brach, Diana Fosha, Rev. angel Kyodo Williams, Pilar Jennings, Lama Rod Owens, and Zoran Josipovic.

Local and distance learners encouraged to apply include psychotherapists, social workers, mental health counselors, psychologists, psychiatrists, psychiatric nurses, physicians, creative arts therapists, educators, yoga teachers, entrepreneurs, artists and others in helping professions.

The Compassion Year prepares participants to build compassion-training practices into self-psychology and transpersonal psychology, and to build role-modeling imagery and sublimation practices into narrative therapy, somatic therapy, deep affect therapy, and gestalt therapy. The program teaches participants to use compassion practices for prosocial engagement and how to embody compassion through core tantric Buddhist practices for inspired leadership.

Opening retreat with Dr. Joe Loizzo, Founder and Director of Nalanda Institute, Sept 20–22, 2019 at the San Francisco Zen Center (SFZC).

Intersession retreat with Dr. Pilar Jennings, Core faculty member, Feb 22–23, 2020 at the SFZC.

Bi-monthly video conference meetings are held Wednesday mornings September 2019–May 2020.

CEs available! For more information about the program, visit nalanda.institute.org/cpp-sf



Nalanda Institute
for CONTEMPLATIVE SCIENCE

For more information, please contact Fiona Brandon, San Francisco CPP Director at fiona@nalanda.institute.org or visit nalanda.institute.org/cpp-sf