

# “MINDFUL LOVING FOR EVERYONE’S SAKE: THE 8 PRINCIPLES OF CONSCIOUS RELATING”

Workshop 15 Hours

TURKEY (Istanbul & Cappadocia)

DATES: 11th June – 20th June 2012

**This workshop has been endorsed for 15 Generalist CDP hours by the Australian Psychological Society.**



**Status of Continuing Education for American professionals updated on the [mindfulliancecenter.com](http://mindfulliancecenter.com) website.**

*Dr. James Bramson, Clinical Psychologist and Lyn Benson, Counselling Psychologist invite you to join them to experience a unique approach to current theory in the heart of Cappadocia, Turkey. Our exclusive Cave Hotel is situated in a listed historical building right in the heart of Cappadocia - a region classed by UNESCO as a World Heritage Historical Site. Located in the oldest part of the town of Urgup, the 27 lovingly restored original cave rooms and suites date back more than 200 years, to the time of the Ottoman Empire. The Hotel is situated in a beautiful valley away from traffic or noise with a commanding panoramic view across the gardens to the valley. [www.mdchotel.com](http://www.mdchotel.com)*

*In this highly experiential workshop, we will examine both the origins and impact of our own Attachment styles which can manifest in projections, fears and thought fusion and affect all of our relationships, including relationships with our clients. We will discuss brain structure and brain chemistry and how new research demonstrates the potential for “the changing brain”. Relevant differing positions and implications surrounding “The Great Attachment Debate” will be discussed including those of Susan Johnson, Dan Siegel and others. Utilizing Attachment Theory, Neuroscience and Mindfulness based principles and techniques, participants will be able to observe, practise and demonstrate skills and techniques to improve their own and their clients’ relationships. Through the use of both didactic and experiential learning; small group practise; demonstrations; group process and audio visual tools, participants will understand the principles of loving and accepting “what is” in relationship; communication that blocks compassion; the benefits of acting with awareness and how to create a wider spectrum of consciousness and relationship empowerment.*

## **Learning Objectives:**

- Learn Mindsight (theory/practice) to see ourselves and others more clearly
- Understanding the Neurochemistry of the “changing brain “
- Understanding how Attachment Theory and developing secure integration/alignment affects all of our relationships
- Discussing the principles of “The Great Attachment Debate”
- Understanding the basis of empathy for self and others
- Mindfulness and meditation practices to develop self and other compassion
- Understanding the relevance of Values and Values Driven Action in healthy relationships
- Learning to accept “what is”

## Itinerary

**Day 1: Arrival – Istanbul** Welcome/transfer to hotel & overnight (www.ladydianahotel.com Standard Room)

**Day 2: Istanbul – Cappadocia (B,D)** Breakfast at hotel and transfer to airport for flight to Kayseri. Transfer to hotel (www.mdchotel.com Standard Room) for a welcome drink. Today is at leisure to explore the town of Cappadocia and surrounds. Dinner & overnight in Cappadocia.

**Day 3: Cappadocia (B,L,D)** Workshop. Nibbles/tea/coffee & lunch included. Dinner (included) at a local Turkish restaurant.

**Day 4: Cappadocia (B,L,D)** Early morning, enjoy a hot air balloon ride over the magnificent hills and valleys of Cappadocia. Imagine floating atop volcanic valleys, fairy chimneys and caves as the sun rises over Cappadocia. 9.30-10.00 pick-up from hotel to visit valleys where animal-like natural formations (camels and fairy chimneys) abound. Drive on to Pasabagi in Zelve area where Monks used to live in seclusion in rock cut rooms. Proceed to the pottery town of Avanos where Kizilirmak (Hallys), the longest river in Turkey, meanders leaving red clay on its banks which has been the raw material of pottery for Centuries. This afternoon, visit the Open Air Museum in Goreme to visit the early Christian Churches decorated with unique frescoes. Stop by Pigeon Valley near Uchisar. Free shopping time for the well-known merits of the area. Dinner and Overnight in Cappadocia.

**Day 5: Cappadocia (B,L,D)** Workshop. Nibbles/tea/coffee and lunch included. Evening – early dinner at a local restaurant. See Whirling Dervish ‘Sema’ (ceremony) which represents the journey of human beings seeking truth and perfection. Inspired by Mevlânâ in the 13th Century, this is a genuine rite, not a tourist show and is performed in a restored 13th Century caravanserai.

**Day 6: Cappadocia (B,L,D)** Workshop. Nibbles/tea/coffee and lunch included. Final dinner in Cappadocia and overnight at hotel.

**Day 7: Cappadocia-Istanbul (B,L)** Depart from hotel for a tour of the Cappadocia region, including Cavusin Village, an old Seljukian and Ottoman village, Rose Valley, Sinassos and Soganli Village. After visiting Kaymakli Underground City (where early Christians hid from persecutors) proceed to Airport for return flight to Istanbul. Transfer to hotel (www.ladydianahotel.com) and overnight.

**Day 8: Istanbul (B)** Start today with a visit to the fabulous Topkapi Palace which served as the palace of the Ottoman Sultans between the 16th and 19th. It has a superb position overlooking the Bosphorus. (Harem not included) We also visit the magnificent Hagia Sophia (St Sophia’s Basilica) built by Constantine the Great and reconstructed by Justinian in the 6th. Considered one of the world’s greatest architectural marvels.

After stopping for lunch (not included) visit the impressive Blue Mosque (Sultan Ahmet Camii), famous for its six minarets, beautiful blue Iznik tiles, unique architecture and marble latticework. Later visit the Byzantine Hippodrome, the centre of Byzantine life for 1000 years, where chariot races and competitive athletic events took place. Complete the day’s touring with a visit to the Grand Bazaar (the world’s biggest and the oldest shopping venue). Return back to the hotel for overnight, or choose to remain wandering the tiny streets which make up the Grand Bazaar before making your own way back to your hotel.

**Day 9: Istanbul (B,L)** After breakfast, you will be escorted to the mouth of the Golden Horn, to explore the bustling Egyptian Spice Market of 17th origin - a colourful bazaar heaped with spices, Turkish sweets, dried foods and other traditional delights. Visit the beautifully tiled tiny Rustem Pasha Mosque, hidden amongst narrow cobbled market streets nearby. Next, enjoy a Bosphorus Cruise (2 hrs approx) up Istanbul’s winding straits for a chance to relax and admire the shoreline of beautiful mosques, lavish palaces and decadent villas – you will pass by Dolmabahce and Beylerbeyi Palaces, Ottoman summer mansions and Ortakoy Mosque, the defensive Rumeli Fortress and Bosphorus Bridge - one of the world’s largest suspension bridges, all alongside passing fishing boats, yachts, huge cargo ships and tankers. The last stop will be the Underground Cistern which is thought to have been built after the Nika Revolt in 532 AD. Transfer back to hotel for overnight.

**Day 10: Istanbul (B)** Transfer to Ataturk Airport for your onward flight or own arrangements.

**Optional Post-Tour: Anzac Cove – contact Lauren Keith for details ldkeith1@gmail.com**

**Itinerary subject to change if local circumstances dictate**

## Important Notes

Australian passport holders require a visa to enter Turkey. This can be obtained upon arrival and it is very easy process. For anyone not holding an Australian passport, please contact Touchdown Tours .  
[www.touchdowntours.com.au](http://www.touchdowntours.com.au) (Attention Jaqui)

**Dr James Bramson** Licensed Clinical Psychologist and Organizational Consultant has lived, studied, worked, and facilitated workshops both in the USA and abroad and has over twenty four years of psychotherapy, training, consulting, and teaching experience. He is committed to helping individuals and organizations optimize mind, body, and spiritual integration. Dr. Bramson is in full time practice in San Francisco, USA and is the founder of the Mindful Alliance Center. ([www.drbramson.com](http://www.drbramson.com)) ([www.mindfulalliancecenter.com](http://www.mindfulalliancecenter.com))

**Lyn Benson** Counselling Psychologist and Family Therapist and has been in full time private practice in Melbourne since 1997. Lyn has extensive experience coordinating seminars and designing and facilitating skills training workshops both for Australian and International workshop participants. Lyn has written and published articles on Buddhist Psychology, Mindfulness, Relationships and Parenting and is committed to working with individuals and families to enrich their lives through the blend of Psychotherapy and holistic practices. ([www.lynbenson.com.au](http://www.lynbenson.com.au))

**TO REGISTER: Please complete Online Application Form at [www.mindfulalliancecenter.com](http://www.mindfulalliancecenter.com)**

For more information contact: **Dr. Lauren Keith** +1 619-804-9336 (f) +1 858-605-4247 | [ldkeith1@gmail.com](mailto:ldkeith1@gmail.com)

**PAYMENT: To make a payment please go to the link [www.mindfulalliancecenter.com](http://www.mindfulalliancecenter.com) and click the button. at the bottom of the page.**

<b>COST OF PROGRAM:</b>  <b>Workshop Participants: AU \$2950</b> <b>*US Participants pay equivalent in USD</b>  Non-Participating Partners: AU\$2100  <b>EARLY BIRD DISCOUNT</b> AU\$100 EARLY BIRD DISCOUNT if registered and paid in full by March 1st, 2012 Deposit: AU\$500 (non-refundable) Balance AU\$2450 (due April 1 <sup>st</sup> , 2012) Single Supplement: AU\$505	<b>CANCELLATION FEES:</b> 90-61 days before departure (25% of trip cost) 60-31 days (50% of cost) 30 days or less (100% of cost)
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<b>COSTS INCLUDE</b> <ul style="list-style-type: none"><li>• Hotel accommodations (based on double occupancy)</li><li>• Land arrangements as outlined in the itinerary</li><li>• Deluxe air-conditioned coach throughout</li><li>• Entrance fees to sites and museums mentioned in the itinerary</li><li>• Touring with professional, licensed guide throughout (English-speaking)</li><li>• Local taxes &amp; VAT (GST)</li><li>• Baggage handling of 2 standard-sized bags per person</li><li>• Meals indicated with (B) breakfast, (L) lunch, (D) dinner</li><li>• Whirling Dervishes Ceremony at Saruhan Caravansarai</li><li>• Welcome cocktail at Cappadocia hotel for 1 hour</li><li>• Hot Air Balloon Trip over Cappadocia</li><li>• Domestic flights Istanbul/Kayseri/Istanbul including applicable taxes</li></ul>	<b>COSTS DO NOT INCLUDE</b> <ul style="list-style-type: none"><li>• International Airfares</li><li>• Customary tips to your local guide and driver</li><li>• Any personal expenses</li><li>• Drinks during meals</li></ul>
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