

# Weathering Storms: Mindfulness for Psychosis

## Course Outline

### Sep 16th (4hrs): It is Good That You Are - Embodiment & Embracing Life

- Practices: HeartTouch practices to ground, feel safe, relax and get into the body.
- Reflection: A healthy self-identity / affirmation, the recovery journey
- Homework: Week 1 & 2 practices to relax – walking, qi gong, yawning yoga, qi yoga, lying down body scan, HeartTouch with fellow student or friend
- Goal: Create the foundation for the course & motivate everyone at the same time as preparing them for approaching themselves.

### Sep 17th (6hrs): You are a Human Being, not a Doing - Crafting a Healthy Mind

- Practices: HeartTouch practices plus 'Just Sitting' & 'The Zen House'
- Reflection: You are the Master of your House, Compassionate Mind vs Untrained Mind
- Homework: Week 3 & 4, continue HeartTouch practices, add the Sitting work
- Goal: A psychosis is like an upward whirlwind, created by the interaction of an emotional system in threat & a mind 'spinning its wheels' trying to fix things. We want to address the Mind side & instead train it to be an assertive, compassionate master of the inner house / reality.

### ~Sep 26th (1hr): Online Community Supporting Chat

- Support students during the Week 1 & Week 2 self-practice

### ~Oct 5th (1hr): Online Community Supporting Chat

- Support students during Week 3 & Week 4 self-practice

### Oct 15th (6hrs): Embracing the Light & the Dark - Working with Inner 'Mess'

Balancing Emotions, Healing Trauma, Calming Inner Critiques & Voices.

- Practices: Focus on Voice work & Katsugen Undo to clear heavy emotion from the body and mind. Followed up with HeartTouch to smooth things.
- Reflection: Human Beings are both light & dark. When the mind is clear & present and the power centre empowered rather than in fear, the vitality can come through in a healthy way
- Homework: Continue with Zen House, More time for Katsugen & Voice Work, Continue HeartTouch with fellow students or friends
- Goal: To start the journey of clearing the emotional pain inside and helping the person regain their healthy inner power.

### ~Oct 25th (1hr): Online Community Supporting Chat

- Support students during Week 5 & Week 6 self-practice

### ~Nov 8th (1hr): Online Community Supporting Chat

- Support students during Week 7 & Week 8 self-practice

### Nov 18th (4hrs): Abide Where There is No Abiding - Navigating Ordinary & Non-Ordinary States

- Practices: Adding Sharpening the Mind & Zen 'Melting Butter' Seated Body Scan
- Reflection: Navigating ordinary & non-ordinary reality, strategies: internalising, caring for others, faking, bridging, connecting
- Homework: Try the Melting Butter practice / Self Navigation using the tools presented
- Goals – To empower the person with cognitive understanding required to navigate as a person who experiences non-ordinary realities.

## Nov 19th (6hrs): Love: Self Compassion & Connection to Life

- Practices: HeartTouch work & Metta Practice
- Reflection: Being ourselves, living our truth, taking care of ourselves & others & assertively taking our place in the world, grounds us and makes the whole life work.
- Homework: Self Navigation using the tools presented
- Goals – To bring the course to a close, with the individual able to start the process of re-establishing their place in the world while taking care of themselves.

## The benefits of the course for participants

Recovering from a psychotic break, requires a whole restructuring of a person. I took years, but no one was guiding it, so there were lots of mistakes and meanderings.

I hope to cover all the bases:

- Establish a healthy self-identity and empower people to take responsibility for their own growth journey and healing and work with practices they find useful.
- Help the person find their ground & centre and cultivate a feeling of safety inside the body so they don't need to run away from it.
- Start the journey of processing trauma inside & meeting oneself.
- Establish the mind as an ally rather than a tormentor / worrier.
- Clear emotional pain from the body & reestablish the power centre.
- Reflect on navigation skills for handling ordinary & non-ordinary experience.
- Strengthen compassion for self and others, and help people find their place in the world.