

WORKSHOP

Workshop with Barnett & Kimberly Pearce - care of ourselves:

Becoming the person you want to be CMM, mystery, our personal lives and spiritual practice Using CMM to address the big questions in life

DISPUK, Snekkersten, Denmark

The 4th - 5th of November, 2010, 9 am - 4 pm

Most of us who use CMM in our work do so in service to other people. Many of us have found that this leads to forms of practice that enrich the lives of our clients.

But what about us?

- What does using CMM do to those of us who use it?
- What does CMM offer to us that can help us live lives of joy, compassion and serenity, in addition to being of service to others?
- Can CMM help us take care of ourselves?

In one sense, the topic of this seminar focuses on the current stage in the development of CMM. Those stages might be described as moving from interpretive social theory to critical theory to practical theory to reflective practice and now to reflecting on its own effects on those who use it. Call it "transformative." However, Kim and Barnett's attention was forcibly drawn to this aspect of CMM by their own struggles with Barnett's unexpected serious illness. In *Communication and the Human Condition*, Barnett suggested that CMM involves three key concepts: coherence, coordination and mystery.

Most CMM practitioners have focused on coherence and coordination; in spiritual practice, mystery is the highest level of context.

We propose exploring the term "spiritual practice" in a way that is inclusive and independent of the various faith stories that we, as participants in the seminar, might bring. We think of spiritual practice as that which we do to make real the virtues that all faiths (and those without faith) endorse: love, empathy, tolerance, compassion, and forgiveness. Specifically, we want to address the question of what CMM might add to the rich array of traditions that endorse these virtues.

We will draw on recent developments in neuroscience as a way to connect CMM to practices of mindfulness and meditation and to scholarly work in human development. However, the seminar will focus on how CMM's concepts support spiritual practice. Kim and Barnett invite participants to engage with the topic as seriously and deeply as they have had to address it. They believe that participants will take away from the seminar specific tools that will help them in their own development as persons, in taking care of themselves as professionals, and in making better social worlds.

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Venue: DISPUK, Snekkersten, Denmark.

Sign up: No later than the 15th of August by e-mail / using the application form on our website.

Course Number: 878-10

Price: D.kr. 3.600 plus VAT (moms); 20 % discount with 3 or more from the same workplace or who sign up together. Breakfast, coffee & lunch included.

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