



Join us!

at the
Center for Contemplative Studies



Saturday Seminar: October 24, 2020, 10am to Noon

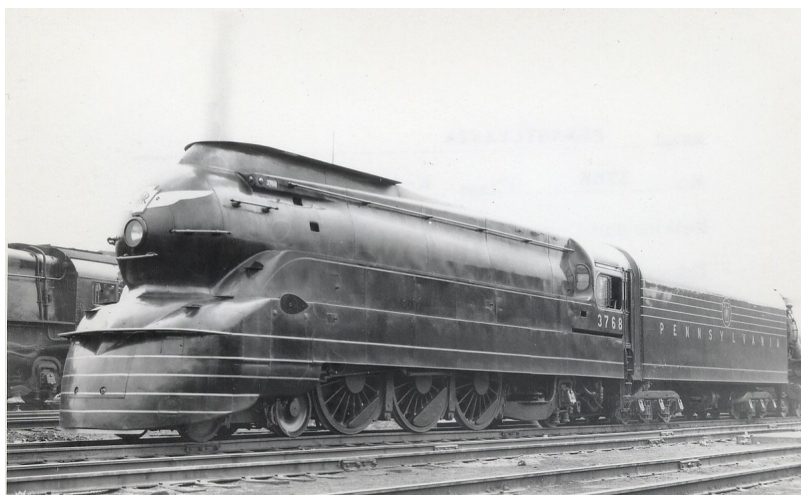
The Celestial Railroad?

Critical views and practical techniques for teaching and learning in groups via Zoom and other teleconference platforms.

Delivered Online: Register at wcupa.edu/cs

Nathaniel Hawthorne's short story, 'The Celestial Railroad,' is a comic and profound take on spirituality, technology, and progress.

This seminar will review Hawthorne's dream of a spiritual pilgrimage—with shortcuts via technology—and move on to explore current dilemmas: Is an on-line mindfulness group functionally equivalent to an in-person one? Is it ethical to suggest that? Who are we to each other online? What kinds of folks may be helped, or harmed, using mindfulness in the online space? How can we truly share empathy while at a distance?



Join the Center's director to explore the impact of distance and technology on development and transformation of mindfulness groups, while also considering psychotherapy and teaching. We will look at what is gained, what is lost, and how we can use these insights to improve participant outcomes and experiences.

Together, we will review the current practices and politics of online mindfulness interventions, consider the literature on "screen relations" in individual and group psychotherapy, and dig into the research on psychological and physiological effects of mediated communication.

Then, because we'll be on Zoom ourselves, we will be able to test and reflect on techniques to establish and enhance group cohesion and empathy—learning to co-create satisfying ways of being together, even when situations like the Covid-19 pandemic keep us apart.