

TURNING WITHIN: Psychoanalysis and Buddhism for Times of Turmoil



Online Event

Sunday, 19th June 2022
5:30pm – 7:30pm BST

Speakers:

Buddhist monk **Gelong Thubten**

Psychotherapist **Mark Epstein**

Introduced and chaired by Freud Museum's Education and Outreach
Manager **Emilia Raczowska**

Celebrated Buddhist monk, meditation teacher and author Gelong Thubten and acclaimed clinician and author Mark Epstein who integrates Freud and Buddha in his practice will meet to explore the astonishing parallels between psychoanalytic and Buddhist practices and consider inspirations the respective fields offer for surviving crisis and cultivating inner peace in times of turmoil.

Gelong Thubten

Meditation and Hard Times – The Power of Transformation

Meditation training provides us with a creative and transformative approach to dealing with life's challenges and difficulties. Genuine happiness, kindness and resilience are cultivated through embracing hard times as opportunities for transformation. The practices of meditation and mindfulness introduce us to our own reserves of inner strength as we learn how to 'lean into' suffering, allowing it to transform us. We can find meaning in pain and discomfort, freeing ourselves from deeply ingrained patterns of fear and resistance. Compassion and forgiveness for ourselves and others start to grow, leading us to a fearless outlook and lasting, unshakeable happiness.

During this event, Thubten will address some common challenges on the meditation path, particularly how to deal with thoughts and the wandering mind, and he will provide practical advice on how to bring meditation into the heart of life's difficult moments.

Gelong Thubten is a Buddhist monk, meditation teacher and author from the UK. He became a monk 29 years ago at Kagyu Samye Ling Monastery in Scotland and has spent over six years in intensive meditation retreats, the longest of which was 4 years long. He is now regarded as one of the UK's most influential meditation teachers, with pioneering work in universities, schools, global companies, hospitals, prisons and rehab centres. He has lectured at Oxford University and for the United Nations, and he trains medical students, doctors and nurses in mindfulness. He collaborated with Ruby Wax and neuroscientist Ash Ranpura on the book 'How to be Human'. Thubten is the author of the Sunday Times bestseller 'A Monk's Guide to Happiness' and his next book 'Handbook for Hard Times' will be published in 2023.

Mark Epstein

Real Healing: How Buddhism and Psychoanalysis Can Help Each Other (And Us) in These Times of Turmoil

Trauma happens to everyone. The potential for it is part and parcel of the precariousness of human existence. Some traumas – loss, death, accidents, war, disease or abuse – are sudden and explicit; others – like lack of attunement between children and their parents – are more ongoing and subtle. But it is

hard to imagine the scope of an individual life without envisioning some kind of trauma: big or little. In these times of turmoil, with Covid ravaging the world and war ravaging the Ukraine, trauma's impact on all of us is inescapable.

Despite this, many people are reluctant to admit to the depth of their inner struggles. The desire for a quick fix: for relaxation, stress reduction and a quick return to normal is widespread but rarely effective. Psychoanalysis and Buddhism have each independently developed ways of addressing this; both counsel honesty, reflection and faith in lieu of avoidance. During today's event, Dr. Mark Epstein, a clinician whose work has long been influenced by Buddhist thought and practice, will address how these two therapeutic traditions can work together to lighten the traumatic loads we are all carrying. Acknowledging the traumas in our lives is important; learning how to relate to them is crucial.

Mark Epstein, M.D., is a psychiatrist and psychotherapist based in New York City and the author of a number of bestselling books about the interface of Buddhism and psychotherapy, including *Thoughts without a Thinker: Psychotherapy from a Buddhist Perspective* (1995), *Going to Pieces without Falling Apart* (1998), *Open to Desire: Embracing a Lust for Life* (2005), *Psychotherapy without the Self: A Buddhist Perspective* (2008), *Going on Being: Life at the Crossroads of Buddhism and Psychotherapy* (2008), *The Trauma of Everyday Life* (2013), *Advice not Given: A Guide to Getting Over Yourself* (2018). His latest book, *The Zen of Therapy* was published in January 2022. He received his undergraduate and medical degrees from Harvard University and is currently Clinical Assistant Professor in the Postdoctoral Program in Psychotherapy and Psychoanalysis at New York University.

BOOKINGS

£15

To book your online ticket, please visit the Event's booking page [HERE](#).

All attendees will be sent a unique link to join the live event. The recording will be sent 24 hours after the event and will be available for a month. Please check the time different if you are not in the same time zone as the UK. The event speakers will be visible on the screen, but participants will not be.