

## **Formal Buddhist Study:**

- (1985) [Vajrayana Vipassana Retreat](#) (2 weeks) Karme Choling, Barnet, VT
- (1990 –1992) [Vajrayana Studies: Intro to Vajrayana I and II, and Vajrayana Meditation Practices I.](#) with Professor Reginal Ray Jr., University of Colorado, Boulder, CO.
- (1995 – 1998) Naropa Institute, [Contemplative Psychotherapy Graduate Program.](#) MA degree conferred.

### **\*Naropa Institute studies included:**

#### **A.) Mahayana Studies and Foundation and Principles:**

1. Bodhisattva principals
2. 5 Skandhas
3. 12 Nidanas
4. Pratityasamutpada
5. Abidharma
6. Maitri Principles – “Maitri Space Awareness Program” (developing loving kindness through space practice - 100 days closed group retreat with Maitri room practice - as developed by Ven. Chogyam Trungpa Rinpoche.

#### **B.) Complete Works of Ven. Chogyam Trungpa Rinpoche**

#### **C.) Shamatha Vipassana: training and practice**

#### **D.) Tonglen: training and practice**

#### **E.) Contemplative Psychotherapy (Buddhist concepts as related to Psychotherapy and its practice)**

#### **F.) 1000-hour internship w/ “Friendship House” - Residential Treatment Program: Buddhist based “Wind Horse Model” - an environmental approach toward working with Severe and Persistent mental illness.**

#### **G. Study of Contemporary Buddhist Authors regarding utilizing approaches in various schools of Buddhism and their conceptual frameworks ie., Zen studies, and Vajrayana Buddhism, toward working with the nature of mind in Psychotherapy**

#### **H. Maitri Retreat (100 days) - closed group retreat. Vajrayana principles of “Space Awareness” and Practice.**

- \*(1997) 100 day (3-month,10 day), “Maitri-Space Awareness Retreat” (sealed group retreat in Shamatha/Vipassana, and Maitri Room Space Awareness practice) – Naropa Institute, Boulder, CO

- (Winter 2010) 1-month, Solitary Vajrakilaya Retreat (Ghantapa Sadhana/Nyingma tradition). Undertaken at Karme Choling - Solitary Retreat Cabin - Barnet, Vermont - (under supervision of retreat master K.C.)

- (Summer 2016) 3-month, Solitary Cakrasamvara Retreat – Solitary Retreat Cabin (Ghantapa Sadhana - Kagyu) - Karme Choling, Barnet, VT – (under supervision of retreat master K.C)

- (July - Summer 2022) 1 month, Cakrasamvara Retreat (Drikung Kagyu) – Garchen Institute - Chino Valley, Arizona (with Drupon Rinchen Dorje)