

Yen-nien Daoguan, Madison

&

The Mental Health Center of Dane County

Offer a workshop with

Flint Sparks, PhD

Wisdom Without Words

(See description on reverse)

**When:** Thursday, Feb 28, 4pm; Friday Feb 29, &  
Saturday March 1, to 3pm

**Where:** Sinsinawa Mound Center, Sinsinawa, WI

**Cost:** \$ 250, this includes workshop, 2 overnights and 6 meals

**Flint Sparks** is a licensed psychologist with over 25 years experience in the practice of psychotherapy. He has post-doctoral certifications in Hakomi psychotherapy, and Group Therapy. Flint is currently training with the Center for Self Leadership in the Internal Family Systems model. Along with his work as a psychologist, Flint is also an ordained Zen Buddhist priest serving the Austin Zen Center. We encourage all those interested in psychological growth as well as contemplative practices to participate.

A certificate of attendance will be issued for 11 hours for use by social workers, professional counselors and AODA professionals in accordance with the regulations of their professional licensing bodies.

**To Register:** Fill out form; attach check made out to YNDM and mail to:

YNDM, 801 Emerson St., Madison, WI 53715

**Please register by Feb 13, 08. No refunds are issued after that date. Spaces may not be available after that date. ?questions 251-4726- Kathryn?**

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Name \_\_\_\_\_ phone \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

I need a certificate of attendance \_\_\_\_\_yes \_\_\_\_\_no

Confirmations and directions will be sent upon registration

## Wisdom Without Words

In prior workshops we have emphasized the practice of Loving Presence, the importance of Quieting the Mind and of giving and taking Spiritual and Emotional Nourishment in order to be a healing presence for another person.

This year's workshop emphasizes non-verbal communication and sensitivity. As Daniel Goleman reports in his book, *Emotional Intelligence*, 90% of emotional communication is nonverbal. We will use skills from the Hakomi Experiential Method as well as from silence and stillness through meditation practice to study this. Participants will focus on paying attention to their own and another's non-verbal experience. Working with messages contained in non-verbal expression such as touch, gestures, posture or tone of voice has a 2 sided challenge. One side is to recognize the meaning we make of another's nonverbal expression. How are we seeing or hearing something more than what they are saying in words. The second piece is whether what we have perceived is an accurate reading of what is intended. Next, we ask, how can I communicate verbally with more conscious nonverbal communication skills? The implications and significance of better communication for peaceful and loving relationships in family, /; community and, even globally are huge. This workshop will combine group experiences with periods of meditation and inquiry.

This workshop is open to anyone who is interested in self knowing, whether a mental health professional or lay person.