

HOUSTON GALVESTON INSTITUTE

presents

Dialogical Zen:

Application in professional and personal growth

New year, New you, A retreat gift for you -----

*One emperor asked Zen master: what is Buddha's real teaching?
Zen master said: it is in your question.*

This Zen koan (*story of Zen master dialogue*) shows: Buddha's nature is your own nature, you can't find self-nature outside of you. You are the expert of your problem. Both Zen and Collaborative Practice believe that every person has potential, strengths and resilience. This workshop will elaborate on Dialogical Zen: Be present in every moment in our daily lives, create newness in possibilities whether in thought or action.

1. What? Be present in awareness.

What is Dialogical Zen? It is to be aware of transforming process in dialogue. It is to be present with yourself in dialogue. There are two kinds of dialogue, inner dialogue and external dialogue. Inner dialogue includes **meditation** and **writing**, and external dialogue is **generative conversation**. In meditation and writing, you are beginning to be aware of your mind and body, and become more and more mindful of your mind and body transforming process. During the conversation, observe every idea emerging in your mind; free yourself from ideas; and be one with your self-nature. Be present with yourself.

2. Why? Be yourself as who you are.

Everyone has strength and resilience, but potential can be easily locked by ideas and previous experience,

especially in language. There is uncertainty and creativity in language. Creating space in and between ideas through dialogue is the goal, so you could explore and create yourself in writing, speaking and conversation language.

3. How? Letting go and letting be

Through curiosity, appreciative inquiring and interviewing, you can begin to re-experience and reflect your mindset and thinking style, which will gradually free you from fixed ideas and mindsets. Let go of stress and burden, so you can be present and refreshed. Dialogical Zen is: Self-treatment, Self-healing, Self-transform, and Self-creation.

4. Who? Where and when?

It is you, here and now; begin a self-creation, self-growth, self-care journey.

Learning Objectives:

- Understanding Dialogical Zen, the connection between Zen and Collaborative practice.
- Experiencing Dialogical Zen practice: dialogue, meditation, and writing.
- Learning to practice Dialogical Zen in daily life, both professional and personal life.

Date and Time: Friday, December 14, 2012 and January 25, 2013*, 9 am- 4:30 pm

*Participants may attend one or both of the dates, the content will be continuous

Refreshments will be provided on breaks. Lunch is on your own. There are many lunch venues within walking distance or a very short drive.

Fee: No fee but donations will be appreciated to benefit HGI, [DONATE >](#)

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Location: Houston Galveston Institute, 3316 Mount Vernon, Houston, TX 77006

Continuing Education (optional): 15 hours (each session provides 7.5 hours) - \$20 fee to HGI for CEU's

To Register: [REGISTRATION >](#) or go to hgidialogicalzen.eventbrite.com



Facilitator Biography:

Dr. Haibo Zeng

Director of Career Development Center, Graduate School of Management (GSM),
Communication University of China (CUC), Visiting scholar at OLLU and HGI

Education:

- Ph.D in Applied Psychology. School of Psychology, Beijing Normal University, Beijing, China.
- MA in Enterprise Management, School of Management and BA in Public Administration. Department of Management Science, Lanzhou University, Lanzhou, Gansu Province, China.

Experience:

- 14 years of meditation and Zen practice.
- 12 years of Coaching, Consulting, Counseling and training in EAP service. (includes: Johnson&Johnson, Alcoa, Manpower, Legend, China Mobile.etc.)
- Trained more than 20,000 professional people in Universities and all kinds of organizations.

About HGI: The Houston Galveston Institute (HGI) is a non-profit organization, supported by donations and volunteers, that offers a unique method of collaborative counseling and postmodern therapy to individuals, families and communities of all socioeconomic backgrounds. We work with clients within a respectful, cooperative partnership that holds their ideas and expertise in high regard, and that encourages them to access their own natural resources and abilities to develop solutions to their problems. HGI is dedicated to transforming lives and communities with innovative and collaborative psychology, training and research. HGI is a recognized leader in the dynamic evolution of innovative, effective and accessible psychotherapy approaches.

HGI reserves the right to cancel if there are less than five (5) participants enrolled four (4) business days prior to the workshop

Continuing Education

Houston Galveston Institute is pre-approved by Texas LPC, Provider #129, Texas LMFT, Provider #197; and Texas Social Work, License #2980, as a Continuing Education Provider. The Institute maintains responsibility for this program and its content