



Insight Meditation Community OF WESTERN MASSACHUSETTS

Teacher-Student Meetings

Teacher-student meetings are offered for those actively practicing meditation who would like to confer with a teacher about that practice. Discussions may focus on specific questions about one's meditation practice itself or concerns about the integration of practice into one's daily life.

What is the difference between psychotherapy and a teacher-student meeting?

The teachers offering meetings with students at IWM also work as psychotherapists and offer the following considerations:

- Teacher-student meetings focus on one's formal meditation practice and how meditation is applied in one's life.
- Emotional and psychological issues may surface in meditation practice and are addressed in a teacher interview from a mindfulness perspective.
- Psychotherapy offers a venue where one can receive more in-depth support for exploring issues such as depression/anxiety, trauma, family of origin issues, decision making, relational issues, addictions, and vocational concerns.
- Teacher-student meetings should not be relied on for crisis intervention.

What is the fee?

IWM teachers offer teacher-student meetings following the ancient tradition of dana, or generosity. Teachers offer the teachings without charging a fee; in turn, students make voluntary offerings to the teachers so that they may support themselves and continue to offer teachings. The dana system acknowledges our interconnectedness and interdependence, and has as its foundation our mutual generosity.

How are they scheduled?

Teacher-student meetings usually take place once a month or less frequently, and are usually scheduled for 30 minutes. They may take place at the center, at another mutually agreed upon place, or by phone. So that teachers can make the best use of their time, please respect these meetings (including phone meetings) as you would any other appointment, i.e., please be on time and please give at least 24 hours notification for a cancellation. To schedule a meeting you may contact directly one of the following teachers:

- **Adi Bemak** ~ 413-687-8436
- **Devin Berry** ~ devinberry@gmail.com
- **Nick Boutros** ~ 413-650-6894
- **Rebecca Bradshaw** ~ available at her website: rebeccabradshaw.org
- **Jean Esther** ~ 413-586-3383
- **Peggy Gillespie** ~ 413-256-1611
- **Manny Mansbach** ~ 802-490-4599 or satisukha@gmail.com
- **Tara Mulay** ~ tara@taramulay.com