

# *Return to Center: Compassion Practice for the Helping Professions*



*with Larry Yang, LCSW and Larry Stephen Pickard, Ed.D.*

Sunday, Oct 12  
9:30 am to 4:30 pm

East Bay Meditation Center  
2147 Broadway at 22<sup>nd</sup> St  
in downtown Oakland

This daylong is offered to health and social service practitioners who are engaged in professional practices of serving those who are in pain and suffering. The retreat is opportunity to explore the reasons we enter a practice of service and find the path which provides renewal and sustainability. Participants will share their own “Stories of Compassion” and cultivate of a practice of Compassion that sustains their daily work and intentions. The retreat will bring together social workers, counselors, therapists, nurses, psychologists, and others who work in programs of protective services, health care, hospice, and mental health for adults , children, and families. Larry Yang and Stephen Pickard are professionally trained social workers that have 49 combined years of compassion practice within the helping professions.



Registration: Please register on-line with link specified in the email.  
Make check out to “East Bay Meditation Center” and bring payment with you to the event.  
Please bring your own lunch.

Larry Yang teaches meditation retreats nationally and has a special interest in creating access to the Dharma for diverse multicultural communities. Larry has practiced extensively in Myanmar and Thailand, with a six month period of ordination as a Buddhist monk under the guidance of meditation master Ajahn Tong. He is one of the core teachers and leaders of the East Bay Meditation Center. His webpage is at: [www.larryyang.org](http://www.larryyang.org)



Dr. L. Stephen Pickard is an instructor for Pacific Union College and the UC Davis, Center for Human Services. Along with 37 years in public health and social service agencies in the fields of aging and child welfare, he has also over 20 years of college and university teaching experience. He most recently served as the Supervisor of the Financial Abuse Unit, City of San Francisco, Adult Protective Services. He currently teaches and lectures concerning elder abuse, compassion, and related social service issues. He is the founder of the Compassion Institute for Professional Studies.

*Course meets the qualifications for 6 hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. CEUs will be offered for a \$25 fee—checks should be made out to “EBMC”.* Please indicate upon registration that you wish CEUs. EBMC is wheelchair accessible.

Out of respect for people with environmental illnesses, please do not wear fragrance or scented products to the event.

East Bay Meditation Center, 2147 Broadway, Oakland, CA 94612, [www.eastbaymeditation.org](http://www.eastbaymeditation.org), [admin@eastbaymeditation.org](mailto:admin@eastbaymeditation.org)

## Instructor biographies

LARRY STEPHEN PICKARD, MSW, Ed.D, began his professional career at Hofmann Psychiatric Clinic in Glendale, California in 1970. Over the past 30 years he has been teaching graduate and undergraduate students of social work in a combination of full time and part time positions throughout California. He has been teaching at the University of California, Davis—The Center for Human Services and UC Medical Center (in Davis and Los Angeles) since 2001 in the area of adult and aging services including but not limited to financial abuse; management and supervision; case management; APS service planning; assessment; dynamics of abuse and neglect; self-neglect; crisis intervention; LGBT again and elders; and issues in grief and dying. He has trained social workers in California county welfare departments of Santa Barbara, San Luis Obispo, Alameda, Nevada, Contra Costa, Ventura, Trinity, San Bernardino, Imperial, Fresno, Orange, Riverside, Yolo, Tuolumne, Humboldt, Sacramento, Mono, and San Francisco. He is currently on the Advisory Board to the UC Davis Medical Training Center.

Dr. Pickard completed his undergraduate degree in Social Work at the University of Iowa, his Master's Degree at the University of Kentucky, College of Social Professions, and his doctoral degree from the University of San Francisco. He is currently the supervisor of the Financial Abuse Unit, Adult Protective Services Program for the City and County of San Francisco, Department of Adult and Aging Services. In addition to his responsibilities in Adult Protective Services, Dr. Pickard has also taught at Pacific Union College, The University of Nevada-Reno, and St. Mary's College. He has worked in child and adult protective services for the past 20 years. This work has inspired him to explore the compassion work of social workers who work tirelessly to assist the victims of abuse and exploitation. From this interest in studying compassion in social work, he completed his doctoral dissertation at the University of San Francisco School of Education entitled, An Evaluation of Compassion Education Designed for Students in the Profession of Social Work. His dissertation describes a curriculum in developing compassion and evaluates its efficacy in undergraduate social work education.

Dr. Pickard's other publications include "Long term care and the rural aged" in Paul Kim and Constance Wilson's, Toward Mental Health of the Rural Aging, and the journal articles: "Older women: social and health policy considerations" in *Nevada Public Affairs Review* and "Health care for elderly Americans: an evaluation of an adult day health care model" in *Medical Care*. His chapters "Levindale and Lexington: two models of service delivery," and "The role of the social worker" are in Philip Weiler and Eloise McCuan's, Adult Day Care: Community Work with the Elderly, the first text written about adult day care.

Dr. Pickard was the instructor on the first training of its kind for the Superior Court judges of San Francisco on elder abuse. He is also a trainer for the National Association for Social Workers and the American Society on Aging. He has chaired four statewide APS conferences in California (1998-2001), and has been a presenter for the National Association of APS Administrators, National Association of Bunko Investigators, and the National Association of Gerontological Social Workers.

LARRY YANG, MFA, MSW, LCSW, is a psychotherapist and a consultant in cultural competency—giving workshops, presentations, and trainings in diversity and multicultural issues. Organizations for which he has provided consultation include: CompassPoint Nonprofit Services; Sutter County Department of Health Services; Yuba County Department of Health Services; SF HIV CARE Planning Council; San Francisco State University; California Pacific Medical Center; Youth and Family Services—Solano County, CA; California Adult Protective Services; Chinatown Child Development Center; CIIS Center for Somatic Psychotherapy; New Leaf: Services for Our Community; Maitri Compassionate Care; Spirit Rock Meditation Center; and San Francisco Zen Center. From 2000-2003, he was Program Coordinator for Diversity and Multicultural Services in the Department of Psychiatry of University of California at San Francisco and San Francisco General Hospital. He provided leadership in the process of cultural competency for faculty, staff, and interns—that included assessment, curricula development, experiential training, and evaluation methods—in the delivery of mental health services to diverse client populations.

Larry has worked extensively with AIDS Service Organizations and HIV concerns, including the areas of direct clinical services, policy and organizational development, treatment for dual and triple diagnoses, contract monitoring, board governance, and outreach to marginalized communities. He has experience with the needs of indigent, low-income, and homeless populations whose multiple stressors may include HIV/AIDS, chemical dependency, physical disabilities, sex-for-hire, domestic violence, and concurrent mental health diagnoses. Larry also was the primary psychotherapist and social worker at the Transgender Clinic of the San Francisco Department of Public Health. Larry received his Masters in Social Work at San Francisco State University and trained at the University of California's Langley Porter Psychiatric Institute.

Larry has long-time experience in meditative spiritual practice and how to use contemplative practices in cultivating our hearts to enhance effectiveness in social justice and activism. Larry's article, "Directing the Mind Towards Practices in Diversity" was included in Friends on the Path: Living Spiritual Communities, by Thich Nhat Hanh; this article is also being used by different groups based in Marshall Rosenberg's Nonviolent Communication. His essay "Family Tree Practice" addresses how meditation has directly influenced his experiences with racism and heterosexism; it is part of Will Yoga and Meditation Really Change My Life, ed. by Stephen Cope. Larry is a co-editor of Making the Invisible Visible: Healing Racism in Our Buddhist Communities, a booklet developed for building inclusive communities within spiritual practice. Recently, he has contributed to the groundbreaking anthology, Dharma, Color, and Culture, edited by Hilda Ryumon Baldoquín—a volume that explores the spiritual perspectives from people of color. Larry teaches meditation retreats with themes for People of Color, LGBTQ communities, men's work, and people in recovery from addiction. He leads meditation groups for diverse communities in San Francisco and Oakland.