

DAN MCFADDEN

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CERTIFICATIONS & COURSES

Forest Therapy Practitioner, Professional Level

- October, 2021 — *Treebath, New York, NY*

200-hour IMTA Certified Mindfulness Teacher, Professional Level (#CMTP-0383)

- April to December, 2020 — *The Interdependence Project, New York, NY*

8-week Mindfulness-Based Stress Reduction (MBSR) Course

- September to November, 2022 — *NY Insight Meditation Center, New York, NY*
- September to November, 2018 — *NY Insight Meditation Center, New York, NY*

AREAS of EXPERTISE

- Planned, structured and facilitated individual and group sessions for all experience levels
- Trained in mindfulness, open-awareness, mindful embodiment and loving-kindness practices
- Strong knowledge of prominent and historical Buddhist texts and mindfulness literature
- Educated in trauma-sensitive mindfulness, non-violent communication and insight dialogue
- Trained in cultural competency and diversity sensitivity, in addition to Buddhist ethics, paramitas and ethical codes of conduct
- Proficient understanding of the science and psychosomatic influence of contemplative practices
- Trained in Shinrin-yuko (forest bathing) and meditative nature immersion practices

WORKSHOPS & RETREATS

"Maps to Ecstasy: 5 Rhythms and Mindfulness Workshop" with Lucia Horan

- January 2022 — *Esalen Institute, Big Sur, CA*

"Living with Grace: A 5-day Breathwork Workshop" with Scott Schwenk

- September 2021 — *Omega Institute, Rhinebeck, NY*

"Say What You Mean: A Mindful Communication Retreat" with Oren Jay Sofer

- August 2020 — *A Garrison Institute Virtual Retreat*

"Trauma, Memory and the Restoration of One's Self" with Bessel Van Der Kolk, MD

- January 2020 — *Esalen Institute, Big Sur, CA*

"Body as Mountain, Mind as Sky: A 5-day Silent Nature Retreat" with Jon Aaron and Johann Robbins

- September 2019 — *Rocky Mountain EcoDharma Retreat Center, Boulder, CO*

"Hiking and Yoga: Vinyasa Immersion" with Ray and Nina Crist

- October 2018 — *Kripalu Center for Yoga & Health, Stockbridge, MA*

"Yoga & Zen: Staying True" with Tias Little and Henry Shukman

- January 2018 — *Esalen Institute, Big Sur, CA*

"Coming to Our Senses: A 5-day Mindfulness Meditation Retreat" with Jon Kabat-Zinn, PhD

- May 2016 — *Omega Institute, Rhinebeck, NY*

LECTURES

"Buddhist Teachings for the Natural World" with David Loy, PhD

- November 2019 — *Hosted by NY Insight Meditation Center*

"Finding Ourselves and Losing Ourselves" with Stephen Fulder, PhD

- May 2019 — *Hosted by NY Insight Meditation Center*

"Cultivating Mindfulness in Difficult Times" with Jon Kabat-Zinn, PhD

- December 2018 — *Hosted by Omega Institute*

"Dharma in an Age of Distress" with Joseph Goldstein

- November 2018 — *Hosted by NY Insight Meditation Center*

PROFESSIONAL EDUCATION

Bachelor of Arts, Communication (May 2016)

- Marist College (Poughkeepsie, New York)
- Concentration: Public Relations; Minor: Psychology

TECHNICAL SKILLS

- Microsoft Office Suite (Word, Excel, PowerPoint, Outlook)
- Adobe Suite (Photoshop, InDesign, Premiere, Acrobat)
- *Social media*: Facebook, Twitter, Instagram, LinkedIn, YouTube
- *Website maintenance*: Wix, Wordpress
- *Other*: Zoom, MailChimp, SurveyMonkey, Doodle polling, Moz SEO