

David Lawson Sachter, LCSW-NC

Windhorse Zen Community

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Alexander, NC 28701

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EDUCATION AND CERTIFICATIONS

2003 LCSW in North Carolina
1993 CSW in New York State
1992 MSW at Syracuse University
1980 MFA in fine arts photography from SUNY-Buffalo

PROFESSIONAL EXPERIENCE

2014-Present Founder and Facilitator of *Zentensive Workshops and Retreats*®: an accredited program for all mental health professionals from the Washington School of Psychiatry

2002-Present Spiritual Director of the Florida Clearwater Zen Center

1999-Present Co-Founder, co-teacher, and president of Windhorse Zen Community, Inc.

- Has maintained a koan-based meditation practice for 50 years
- Has participated in and led hundreds of extended Zen meditation retreats (*sesshins*)
- Conducted thousands of individual Zen consultations (*dokusan*)
- Facilitated introductory workshops on Zen Buddhism, through in-person and virtual platforms.
- Offered numerous formal talks (*teishos*) during retreats and on a bi-monthly basis. Topics include, but are not limited to: Buddhist ethics, Zen and Psychotherapy, Dharma practice in the East and West, Engaged Buddhism, Family and Community Practice, and Zen and Engaged Environmentalism

1993-Present Licensed Psychotherapist with a private practice in Asheville, NC

- Has attended 25+ ISTDP (Intensive Short Term Dynamic Psychotherapy) conferences with Dr. Habib Davanloo in Montreal, Canada
- Led or facilitated professional workshops on the connection between different kinds of psychotherapy and meditation

1999 Ordained as a Buddhist Priest by Roshi Philip Kapleau, Rochester NY

1996 Sanctioned as a Zen Buddhist teacher by Roshi Philip Kapleau, Rochester NY

WORKSHOPS AND OTHER PRESENTATIONS

- **Select workshops presented in conjunction with Windhorse Zen Community**
 - 2018 “Spirituality and EcoDharma”
 - Workshop with David Loy at Urban Dharma in Asheville, NC
 - 2018 “Spirituality and the Unconscious” -- a four-part series
 - Jubilee Community Church in Asheville, NC
 - 2018 “The Way of Zen: Riding the Winds of Change” -- a four-part series
 - Jubilee Community Church in Asheville, NC
 - 2016 “Bringing Zen to Life”
 - Jubilee Community Church in Asheville, NC
 - 2009 “Timeless Zen: The Zen Way to Wake Up and Transform your Life”
 - Windhorse Zen Community
 - 2008 “Zen Buddhism: Teachings and Practice”
 - Windhorse Zen Community
 - 2006 “Zen Fellowship: Addiction Recovery”
 - Windhorse Zen Community
 - 2005 “The 11th Step: An Addiction Recovery”
 - Windhorse Zen Community

- **Workshops offered in affiliation with other Professional Organizations**
 - 2017 “Zen and ISTDP”
 - Five-day summer workshop with Jon Frederickson at Graves Mountain Lodge, in Syria, Virginia
 - 2017 “Meditation and the Mobilized Unconscious”
 - National Association of Social Workers, North Carolina, Annual Spring Conference at Wrightsville Beach
 - 2016 “Teachings of Psychotherapy and Training”
 - Washington School of Psychiatry, Washington DC
 - 2013 “Dying in America: Seeking the Elusive Death with Dignity,”
 - With George Felos, lead attorney in the Terri Schiavo case, in Asheville, Charlotte, and Raleigh, NC
 - 2013 “The Ethics of Empathy and Mindfulness in the Digital Age: Perspectives of East and West”
 - Presented with David Loy and Dr. Jeff Goldsmith in Cincinnati, Ohio
 - 2008 “Zen Buddhism and Psychotherapy”
 - National Association of Social Workers, North Carolina, Annual Fall Conference
 - 2005 “Meditation and Therapy”
 - National Association of Social Workers, Asheville, NC

- 2005 “Zen and the Unconscious: The Metapsychology of Character Change”
 - University of North Carolina Asheville, Asheville, NC
- 2002 “New Possibilities for Personal Growth: The Interface of Zen Practice and Psychotherapy”
 - With Dr. Jeff Goldsmith in Cincinnati, Ohio
- 2001 Co-Panelist -- Roles of Teacher and Therapist
 - Presented with Dr. Jack Engler and Dr. Ken Porter at the *Tricycle* Summer Conference at the World Trade Center

PUBLICATIONS AND RESEARCH INTERESTS

- 2019 “Buddhist Teachers and the Abuse of Power,” Article on PsychoDynamicZen.org
- 2018 “The Mind’s Dragons,” Article in *Tricycle*
- 1994-Present Extensive research into the significant cultural differences that exist between Eastern and Western forms of psychotherapy and meditation.

PROFESSIONAL AFFILIATIONS and CONTINUING EDUCATION

- 2011-Present Founder and primary author of *PsychoDynamicZen.org*, a website dedicated to the intersection of Psychotherapy and Meditation
- 1993-Present Member of *National Association of Social Workers*
- 1993-Present Attendance at a range of conferences including, but not limited to: National Association of Social Workers, Milton Erikson’s Hypnotherapy, IEDTA, and SEPI
- 1993-2018 Attendance with Dr. Habib Davanloo’s Annual *Metapsychology of the Unconscious Conferences* in Montreal, Canada, and Upstate New York

SOCIAL JUSTICE AND COMMUNITY INVOLVEMENT

- 2020-Present *Steadfast House Partnership* through Ladybug Giving
- 2020-Present *Psychospiritual Collective* -- a Community of Psychotherapists that meet monthly to explore contemporary issues of non-duality in a psychotherapeutic context

