

# *Zentensive Workshop and Retreat **Sachter CV 2023***

**Lawson David Sachter, LCSW-NC**

Windhorse Zen Community

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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 Director of *Zentensive Workshops and Retreats*®  
A training program for mental health professionals fully accredited since 2015

2002-Present Spiritual Director of the Florida Clearwater Zen Center

1999-Present Co-Founder, co-teacher, and President of Windhorse Zen Community, Inc.  
WindhorseZen.org

- Has maintained a koan-based meditation practice for 50 years
- Co-lead 200+ extended meditation retreats (sesshins)
- Conducted 1,000s of individual meditation consultations (dokusan)
- Facilitated introductory workshops on Zen Buddhism, through in-person and virtual platforms.
- Offered hundreds of formal talks (teishos) during retreats and on a bi-monthly basis. Topics include:  
Buddhist Ethics,  
Zen and Psychotherapy,  
Dharma practice in the East and West,  
Engaged Buddhism,  
Racial and Gender issues in dharma practice  
Family and Community Practice, and  
Zen and Engaged Environmentalism

- 1998            Ordained as a Buddhist Priest by Roshi Philip Kapleau, Rochester NY
- 1996            Sanctioned as a Zen Buddhist Teacher by Roshi Philip Kapleau, Rochester NY
- 1993-Present    Licensed Psychotherapist now with a private practice in Asheville, NC
  - Has attended 25-plus Intensive Short Term Dynamic Psychotherapy conferences lead by Dr. Habib Davanloo in Montreal, Canada.
  - Led or facilitated numerous professional workshops that have explored links between different types of meditation and psychotherapy.

### **Workshops and other Presentations -----**

- **Select workshops presented in conjunction with Windhorse Zen Community:**
  - 2018 “Spirituality and EcoDharma,”  
Workshop with David Loy at Urban Dharma  
Asheville, NC
  - 2018 “Spirituality and the Unconscious,”  
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 – Building Capacity”  
Five-day summer workshop with Jon Frederickson  
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 Psychiatry  
Washington DC
- 2015 Zentensive Workshop and Retreat, the first of many accredited by  
The Washington School of Psychiatry
- 2013 “Dying in America: Seeking the Elusive Death with Dignity,”  
With George Felos, lead attorney in the Terri Schiavo case,  
presented in: Asheville, NC; Charlotte, NC; and Raleigh, NC.
- 2013 “The Ethics of Empathy and Mindfulness in the Digital Age:  
Perspectives East and West,”  
Presented with David Loy and Dr. Jeff Goldsmith  
Cincinnati, Ohio
- 2008 “Zen Buddhism and Psychotherapy,” for  
National Association of Social Workers,  
North Carolina, Annual Fall Conference
- 2005 “Meditation and Therapy,” for  
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 the Teacher and Therapist  
Presented with Dr. Jack Engler and Dr. Ken Porter  
*Tricycle Magazine Summer Conference*  
World Trade Center, NYC, NY

**PUBLICATIONS AND RESEARCH INTERESTS -----**

- 2022 “Zen Practice, Psychotherapy, and the Spiritual Unconscious”  
Article for PsychoDynamicZen.org
- 2019 “Buddhist Teachers and the Abuse of Power,”  
Article for PsychoDynamicZen.org
- 2018 “The Mind’s Dragons,” Article in *Tricycle Magazine*
- 2012 Established website: PsychoDynamicZen.org

1994 - Present; Ongoing research into Western-based meditation practices, and the significant cultural differences, such as issues of shame versus guilt, the punitive super-ego, and the sense of self, that impact Eastern and Western approaches to psychotherapy, meditation, and character change.

**PROFESSIONAL AFFILIATIONS and CONTINUING EDUCATION -----**

2021 – 2023 Washington School of Psychiatry – Silver Membership

2012 - Present Founder and primary author of *PsychoDynamicZen.org*, a website dedicated to the intersection of Psychotherapy and Meditation

1993 - Present Member of the *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, SEPI

1993 - 2018 Attendance of 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 within a psychotherapeutic context