



Spirit Rock

MEDITATION CENTER

ISP EVENING SERIES



This is a series of dialogues, co-sponsored by the newly formed Institute for Spirituality and Psychology (ISP) and Spirit Rock, that will explore the importance and timeliness of addressing the interface of spirituality and psychotherapy. Historically a rift has existed between spiritual and psychological approaches to change. The dominant theories and practices in psychology have pathologized or ignored spiritual practices and experiences, despite strong evidence that spirituality is important to health and well-being. Yet research has made it increasingly clear that effective psychotherapy needs to encompass the spiritual dimensions of human beings

Cost \$60 for the series, Code SP4Eo5, or \$25 /evening. Register online at www.spiritrock.org find the calendar listing for February 15, 2006, or send a check to SRMC, PO Box 169, Attn: code, Woodacre, CA 94973.

CE hours are available for psychologists, MFTs, LCSWs, and nurses through the co-sponsorship of the Spiritual Competency Resource Center. For complete information visit www.spiritualcompetency.com or contact David Lukoff, PhD at (888) 880-2870. Administrative cost is \$25 for the series, \$15 for an individual presentation.

LOOSE CHANGE: PSYCHOLOGICAL & SPIRITUAL PERSPECTIVES ON TRANSFORMATION *with Robert Rosenbaum, PhD & Cassandra Vieten, PhD* WEDNESDAY EVENING, FEBRUARY 15, 7:15 - 9:30PM SPIRIT ROCK COMMUNITY HALL

Psychological and spiritual disciplines both aim at helping us let go of thinking patterns and behaviors that no longer serve us, but they can differ profoundly in their assumptions and approaches. Drawing from scientific research, clinical experience, spiritual teachings, and bad jokes, we will explore the great mystery of how we lay down our paths while walking toward increased balance, health, and wholeness. Code SP1Eo6.

DIALOGUE BETWEEN BUDDHIST & DIAMOND LOGOS TEACHERS *with Faisal Muquaddam & Lama Palden, MFT* WEDNESDAY EVENING, MARCH 1, 7:15 - 9:30PM SPIRIT ROCK COMMUNITY HALL

Faisal Muquaddam and Lama Palden will explore the interface of Diamond work and Buddhist practice from both personal and clinical perspectives. Faisal has concentrated on exploring and releasing psychological issues that impede or complicate the unfolding of pure being and embodied awakening. Lama Palden will discuss both her personal experience and clinical experience in the process of integrating deep psychological and spiritual work. Code SP2Eo6.

NEUROIMAGING & SPIRITUAL EXPERIENCE: IMPLICATIONS FOR PSYCHOTHERAPY *Richard Mendius, MD and Frank Echenhofer, PhD* WEDNESDAY EVENING, APRIL 5, 7:15 - 9:30PM

Recent advances in neuroimaging techniques have allowed neuroscientists to examine in greater detail than ever before the brain's functioning during exceptional states of consciousness, including different forms of meditation. His Holiness the Dalai Lama has been one of the primary leaders in initiating this research. This talk will review the potential value of a new science of meditation that may benefit both psychotherapy and spiritual practice. Code SP3Eo6.