



## ISP EVENING SERIES



A series of 3 evening dialogues presented by The Institute for Spirituality and Psychology (ISP) and Spirit Rock that 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 had made it increasingly clear that effective psychotherapy needs to encompass the spiritual dimensions of human beings.

**Spirit Rock Meditation Center** is dedicated to the teachings of the Buddha as presented in the Theravada tradition. The practice of mindful awareness, called Insight meditation (Vipassana), is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylongs and residential retreats.

THURSDAY, NOVEMBER 8, 7-9 pm

### HOW POETRY CAN CHANGE YOUR MIND

*Joan Fenold, Roger Housden*

Good poetry awakens, challenges, moves and nourishes us. It is soul food, and because it has the power to mirror the truth of our own experience, it can be a catalyst for fresh perspectives on our life and its themes. We will explore how psychotherapists and other healing professionals can utilize the transforming power of beauty and creativity as expressed in poetry.

**Joan Fenold**, MFT, a psychotherapist and consultant has worked with individuals and couples in a contemplative-relational context for over twenty years integrating the wisdom of Buddhist teachings, Taoism and non-dual understanding with contemporary analytic views of the therapy relationship.

**Roger Housden** is the author of seventeen books which explore through a variety of themes that which is essentially human in us. His books include the *10 Poems* series, *Seven Sins for a Life Worth Living*, *Sacred Journeys in a Modern World*, and the novella, *Chasing Rumi*.

*Cost \$25, code SPC07. CE credit available.*

THURSDAY, DECEMBER 6, 7-9 pm

### THE DARK NIGHT OF THE SOUL: PSYCHOLOGICAL & SPIRITUAL PERSPECTIVES

*Frances Vaughan, Bryan Wittine*

In contemporary depth psychology, the term 'dark night of the soul' is sometimes used to describe periods that are central to the journey of individuation. During these periods old ego-identifications break down and old values no longer hold true. This presentation focuses on how therapists can honor these periods as an opening of our client's deepest longings so they might come to appreciate life's greater meanings and find a more fulfilling relationship with Mystery.

**Frances Vaughan** is a psychologist and author of several books integrating psychotherapy and spirituality. Her books include *Shadows of the Sacred* and *Awakening Intuition*. She has been a pioneer in the field of transpersonal psychology, and has studied several spiritual traditions. **Bryan Wittine**, PhD is a Jungian analyst in private practice. He has studied with Buddhist and Sufi teachers for over 30 years and has written and lectured extensively on spirituality, narcissism and depth psychotherapy.

*Cost \$25, code SPAE07. CE credit available.*

THURSDAY, JANUARY 10, 7-9 pm

### EMDR AS A TRANSPERSONAL PSYCHOTHERAPY

*Laurel Parnell*

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful and effective psychotherapeutic method for healing trauma-based problems. In this presentation, information on EMDR's history and development, as well as theories about how it works and the EMDR procedure are presented. EMDR is an integrative psychotherapy that seems to work by clearing cognitive, emotional and physical blockages in the body-mind.

**Laurel Parnell**, PhD is an internationally recognized clinician, author, consultant and Eye Movement Desensitization and Reprocessing (EMDR) trainer with over 30 years experience as a meditator and spiritual practitioner. Her two most recent books are *Tapping In* and *A Therapist's Guide to EMDR*.

*Cost \$25, code SPIS08. CE credit available.*