



ISP EVENING SERIES



PSYCHOLOGY & MEDITATION: AWAKENING IN NATURE

with Mark Coleman, Kerry Brady

WEDNESDAY FEBRUARY 28, 7 - 9 PM

COMMUNITY MEDITATION HALL

This is a series of dialogues, co-sponsored by the 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 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 vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong, and residential retreats.

Today, as a culture, we have become disconnected from both nature and ourselves with increasingly dire personal and global consequences. What is the place of nature in contemporary therapy and spiritual practice? During this evening we will explore how nature-based meditation and other spiritual practices can facilitate profound inner and outer transformation by awakening deep dimensions of our being; and how contact with the natural world encourages our innate capacity for awareness, clarity and insight, and provides both meaning and context to understand the mystery of what it is to be alive.

Cost \$25/evening, code SP5E07. Cost for all three evening talks is \$60 – event code SP4E07. CECs available for these evenings through SCRC. Register for CECs at the door. Register online at www.spiritrock.org by finding the calendar listing; or mail a check to SRMC, PO Box 169, Woodacre, CA 94973, or register with a credit card by calling (415) 488-0164 x 321.

Kerry Brady, MA, has worked in the fields of psychotherapy, Somatic Experiencing®, trauma work, nature-based retreats and vision quests for over 15 years. Through a blend of practices she mentors others, both in private practice and through individual and group retreat facilitation, in letting go of the safe shores of the known into a direct experience of their own creative emergence. Serving as adjunct faculty at CIIS, she and Brian Swimme co-teach classes in what it is to live in participatory engagement within a living universe.

Mark Coleman has practiced Buddhist meditation since 1984, primarily within the insight meditation tradition. He has also been influenced by the teachings of Advaita Vedanta and Dzogchen. He first started teaching vipassana retreats in 1997 and now teaches nationally as well as in the UK and India. Mark also leads wilderness and nature-based meditation retreats, including backpacking and kayaking expeditions in Alaska, Baja, and throughout the western U.S. He is currently writing a book about meditation in nature entitled *Awake in the Wild*. In addition, he has a private counseling practice in Marin.

(see other side for more events in this series)

IN CONSIDERATION OF OTHERS, PLEASE DO NOT WEAR ANY SCENTED PRODUCTS, INCLUDING NATURAL OR ESSENTIAL OILS.

INSTITUTE FOR SPIRITUALITY & PSYCHOLOGY (ISP) EVENING SERIES

MARCH 21, APRIL 4 7 - 9 pm COMMUNITY MEDITATION HALL

WEDNESDAY, MARCH 21 PERSPECTIVES ON DEMENTIA

with Nader R. Shabahangi, Elizabeth Bugental

People suffering from dementia can exhibit moments of profound lucidity, insight and depth as well as disorientation and confused states. Nader and Elizabeth will each speak about what they have learned from their own personal and professional experience about communicating empathically and meaningfully with persons experiencing dementia. They will also explore approaches they have developed for positive aging and be open to questions and discussion from the participants. Cost \$25. Code SP6E07.

Nader R. Shabahangi, PhD, has opened three innovative Gerontological Wellness Programs in residential assisted care homes for the elderly in San Francisco, and has consulted on the openings of similar programs internationally. Recently he has been developing the design of a 'village' concept for older adults called 'Elders Academy.' Combining his passion for the elderly with his love for photography and philosophy. Nader has written *Faces of Aging* as a tribute to and celebration of being an elder.

Elizabeth Bugental, PhD, spent her 20s and 30s as a Catholic nun and then became chairperson of the Theatre Arts Department at Immaculate Heart College in LA. Her second career, lasting into her sixties, was as a psychotherapist in private practice jointly with her husband of 38 years, James Bugental. Currently she is the primary caretaker for her husband who suffers from dementia and other disabilities as a result of a stroke 5 years ago. At the age of 78, she recently published her first book, *AgeSong*, about taking charge of our aging and filling our last days with wonder and gratitude, and also conducts ongoing groups for elders at Family Service Agency of Marin based on *AgeSong*.

WEDNESDAY, APRIL 4 SHAMANISM & PSYCHOTHERAPY

with Stanley Krippner, Leslie Gray

Stanley Krippner will review psychology's and psychiatry's interpretation of shamanic experience over the decades, ranging from the missionaries' notion that they are "agents of the devil," to the psychoanalytic stance that they are schizophrenics, to the later and somewhat more benign notion that they are "wounded healers." Leslie Gray will respond from her perspective as both an indigenous healer and a clinical psychologist, providing theoretical insights and illustrative case studies from her years of "blended practice." Cost \$25. Code SP7E07.

Stanley Krippner, PhD is Professor of Psychology at Saybrook Graduate School. He is co-author of *The Mythic Path* and co-editor of *Varieties of Anomalous Experience* as well as an author of over 500 journal articles. He is a Fellow of the Society for the Scientific Study of Religion, and of four divisions of the American Psychological Association. In 2002, he received the Ashley Montagu Peace Award, and in 2007 was co-recipient of the Woodfish Prize for his work with Native Americans.

Leslie Gray, PhD conducts a private practice in San Francisco while teaching ecopsychology and Native American studies locally and internationally. Her innovative work blending indigenous healing methods with Euro-American psychotherapeutic practices has been featured in numerous publications including the Sierra Club Books anthology, *Ecological Medicine: Healing the Earth, Healing Ourselves*. Leslie is a member of the Society of Indian Psychologists and director of Woodfish Institute, which she founded in 1998 to promote traditional knowledge in original ways.