Morning Study Group
The Sacred Art of Psychotherapy:
A Spiritual Journey for Therapist and Client
Joan Klagsbrun and Doralee Grindler Katonah

Description:
We each have moments in life and with our clients that feel deeply sacred. By recalling these moments we will become wiser about the processes and the practices that open us to our spirituality and make these sacred moments more available. When a spiritual connection arises in therapy, it can loosen stuck patterns and help clients have both a larger perspective and a more fully engaged life. Together we will explore the attitudes and skills that foster integration of our own spiritual lives and our therapeutic work. Through exercises and discussion we will take inspiration from Focusing, spiritual traditions, poetry, transpersonal and positive psychology and the wisdom of the community we will create.

Summary

We have moments in life and with our clients that feel deeply sacred. When a spiritual connection arises in therapy, it can loosen stuck patterns and help clients have a larger perspective and a more fully engaged life. Together we will explore shared wisdom and the skills that foster integration of our own spiritual lives and our therapeutic work.

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Learning objectives:

1) Participants will be able to articulate at least three ways in which spirituality is relevant to the practice of psychotherapy
2) Participants will be able to describe an instance of when the spiritual was present in their work as therapists.
3) Participants will describe two resources that support a spiritual approach to their clinical work.
References:

Dickson, E. (2013). *The poetry of spirituality as seen through the eyes of a psychotherapist*.


Bios:
Joan Klagsbrun, Ph.D, a practicing psychologist and certifying coordinator, teaches at Lesley University, and has taught Focusing internationally to therapists for over three decades. She has written articles in professional journals, several chapters in books, and has a CD and a DVD. She was awarded the Alice Ladas research award for her study on Focusing with women with breast cancer.

Doralee Grindler Katonah, Psy.D., M.Div., is an FOT psychologist and certifying coordinator whose life passion is the integration of an embodied spiritual approach to healing. Practicing for over 35 years, Doralee has published articles and chapters on this topic and taught at the university level and internationally. She is passionate about her Buddhist practice, which also informs her work.

Continuing Education
If attended in its entirety, this course qualifies for:

The International Focusing Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. CE Hours/Credits 6.25
The International Focusing Institute maintains responsibility for this program and its content.

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