

Workshop June 4&5, 2009.  
Schedule of the Days

Friday June 4, 2009.

9:00 – Open with a song and meditation, centering exercise  
Check-in on the topic (1 hr.)

Tools and techniques to work with spirituality woven into  
the two days.

Supporting therapists spiritual needs, spiritual nourishment  
for the helping professional

10:00 Consider two questions –

- What are universal spiritual issues and concerns that may be impacted by trauma?
- What are the effects of trauma, how might these overlap to affect one's spiritual development and experience.

10:45 Break

11:00

- Spiritual needs and the impact of trauma. *Handouts*  
Guidelines for doing a spiritual assessment.
- Considering when to work in a strictly  
counseling/psychological mode and when to integrate  
a spiritual perspective? What are the differences?
- **What are the risks and benefits of incorporating a  
spiritual dimension in the counseling process.**

- When to introduce and when to see it spontaneously arising in the clients process.
- Some useful definitions, guidelines

Lunch 12:30 – 1:15

1:15 – 1:45 time in silence (optional)

1:45 – 4:15 short break if needed.

- Issues that effect spiritual development - The interplay of child development and spiritual development – The God Image, transference of childhood experience of life onto one's sense of what “God” is.
- Time to consider our own spiritual stance. Ethical issues, biases, pre-conceived ideas, prejudices. (exercise of writing a letter to god...

4:15 closing the day (15 minutes) song silence.

June 5, 2009.

9:00 – 9:45 Short meditation; Check in, questions and concerns from day before

9:45 – 10:30

- Small groups to consider the existential questions *with a view to developing some general guidelines to work with these questions. Articulate our collective wisdom.* Handout of questions (45 minutes.)

10:30 - 15 minute break in between

10:45 - 12:15

Report back, discussion, developing guidelines

12:15 - 1:30 LUNCH (1 and ¼ hrs.)

Play song - David White - On Faith

1:30 - 2:30 Experiential exercise - writing - the ABC's of poetry - create and present (optional); (1 hour)

2:30 BREAK

2:45 - 4:00 (1 1/4 hour)

*Putting it all into practice: Tools and Techniques: hand out*

- Presence, silence, stillness, stories and feelings regarded.
- Experience of compassion, empathy presence as healing tools.
- Creativity - Use of poetry, creativity, collage, show example
- Stories, shared experience, stories of hope and triumph over adversity. Helping to nurture a sense of possibility.

- Songs - Mercy, That's What Makes You Strong,
- Book titles: JoAnna Macy; Kathleen Norris, Acedie and Me; Stories of Hope and Triumph

4:00 - Close of the Day (30mins.)

Next steps, evaluations, closing remarks