

The Soul of Therapy

December 4, 2020, 9m-3pm
Homewood Public Library
1721 Oxmoor Rd.
Homewood, AL 35209

Agenda

9:00-10:15 am: The Marsha Linehan story of her spiritual experience.

Foundational premises

How can clinicians recognize a religious or spiritual problem when it arises in therapy?
We will look at definitions for:

1. spiritual woundedness,
2. spiritual abuse,
3. religious problem,
4. spiritual crisis and
5. spiritual problem.

10:15-10:30 Break

10:30-12 Noon: The foundational premise of the soul of therapy is that the psyche is always leaning toward wholeness. Therefore, how can we utilize that premise in applicable work with clients?

1. The *Presence Process* is defined in the following stages:
 - a. Softening—Self empathy as elucidation.
 - b. Differentiating
 - c. Integrating—which becomes the goal of the therapeutic endeavor.
2. Various approaches will be explained:
 - a. Poetry therapy
 - b. Art therapy
 - c. The use of metaphor
 - d. The use of synchronicity
 - e. Dream work

12 Noon to 12:30 pm: Lunch on Your Own

12:30 pm-1:45 pm: Primary premise: Neurosis can be seen as a coping mechanism that pushes the psyche toward awareness of a great need for authenticity.

1. Words such as resolve and closure may mean that we foreclose on the possibility of integration.
2. Authentic Self as healer
 - a. Interventions to facilitate awareness of Self for individual, couples, families and groups
3. Is it possible to integrate suicidality? If so why is this important and how does it work to create safety?

1:45-2:00 pm: Break

2:00pm-3:00 pm: The presence process as a method for meaning-making going through the processes of softening, differentiating, integrating.

1. Joy as a clinical term. Homework assignments for joy-making.
2. Experimenting with meaning
 - a. Differentiating interpretation from meaning.
3. Intuition: How can it be differentiated from fear, anger, obligation or a need to be liked.
 - a. Boundaries as spiritual information about reality.
 - b. Spirituality as relationship (the psyche leaning toward wholeness).

3:00 pm Program End.