



Exploring the Interface between Psychotherapy & Spirituality

10-week class

PROGRAM Many psychotherapists become uncomfortable when spiritual/religious issues surface in therapy, while many spiritual directors are similarly uncomfortable when psychological issues come to the fore. Class participants will be invited to explore the contributions psychotherapy and spirituality offer to those with whom we work, as well as our particular understandings and resistances to each. Topics we will explore together include:

- the difference between religion & spirituality
- spiritual assessment
- psychological & spiritual perspectives on the life journey
- defining & recognizing the sacred
- the process of healing & personal transformation
- the role of listening, witnessing & discernment
- the vital role of connection & community

Teaching methods will include lectures, class discussion, video presentations and small group processing focused around case vignettes. As a result of our discussions together, it is hoped that we each will have an increased appreciation for the psychological and spiritual dimensions of human experience, and be more comfortable walking the threshold between them.

AUDIENCE therapists, spiritual directors, pastoral care professionals, others

DATE/TIME February 21 – April 25, 2018 (10 weeks) / Wednesdays 8:15 – 9:45 am

COST \$150 (Center staff should use STAFF code when registering online)

LOCATION Des Moines Pastoral Counseling Center / 8553 Urbandale Avenue / Urbandale, IA

REGISTRATION www.dmpcc.org/Explore

PRESENTER J. Jeffrey Means, M.Div., Ph.D. -- Jeff is a licensed psychologist and part-time staff member at the Des Moines Pastoral Counseling Center. Prior to returning to the Center, he served as Associate Professor & Chair of the Behavioral Medicine, Medical Humanities & Bioethics Department in the College of Osteopathic Medicine at Des Moines University. Jeff is a graduate of Purdue University, Christian Theological Seminary and Northwestern University, and is an ordained minister in the Presbyterian Church (USA). He is author of *Trauma & Evil: Healing the Wounded Soul*, Fortress Press, 2000.

