

The Psychology of Spirituality integral training will assist you in answering the following questions...

- What is Spirituality? And how do we best assist spiritual development?
- What are the therapeutic benefits of integrating Western psychology with an Eastern contemplative approach?
- What is spiritual bypassing? (*when spirituality gets in the way of what really matters*)
- How to differentiate between mysticism and madness?
- What is the link between trauma and spirituality?
- What are the benefits of art, music, dance and eco-therapy, and how do these practices develop a spiritual life?
- How much meditation and breath work should we be directing within our treatment plans and which clients respond best to these mindfulness techniques?
- Cognitive (*head*) and emotional (*belly*) intelligence are strong themes for Western psychology, but what about the spiritual line of Intelligence (*heart*)? How is this integrated focus potent in therapy?
- Is spirituality connected to an ability to take on multiple perspectives? How does *this* perspective help within the therapeutic relationship?
- Is there a connection between sexuality, dreams and spirituality?
- What are the core values of the contemplative traditions such as Sufism, Buddhism, Hinduism, Christian and Jewish mysticism? and how to incorporate these values into your therapeutic practice?
- How can we best support clients who are interested in their dreams?



Ancient carving at Tirta Empul



Venue: Melati Cottages



This training will support you on many levels including renewing your professional practice. Lush Tropical Ubud offers a sanctuary, a place where culture connects intimately with its land and spirituality. There is so much for Western culture to learn about mental health from this alone. The training includes immersing ourselves within Balinese Hindu culture, including Kecak dance, Jegog music, Ubud art, food markets, visiting temples, eating great organic food, having regular massage, resting and recuperating & meeting like-minded therapists whilst gaining 25 PD points at a very reasonable cost.

The workshop will be compelling for therapists, GPs, psychiatrists, social workers, chaplains, palliative carers and students who are wanting to better understand the role of spirituality and psychology and their applications toward better health. Participants are not required to have experience in yoga, meditation or psychotherapy, as the foundations of each discipline will be explored.



The Psychology of Spirituality

Training in Bali/Ubud
2-7 September 2017
25 CPD points
APS member price \$1299

For more information visit
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6 Day Training with
Nic Morrey, Claire Dunn & Ketut Arsana