

The Association for Spirituality and Psychotherapy (ASP)

A Non-Profit (501c3) Corporation

250 West 57th St., Suite 501, NYC 10019 www.psychospiritualtherapy.org email: cspofnlp@optonline.net 516 829-5027

ANNOUNCES

The 2009/10 Course: Developing A Spiritually Informed Approach to Psychotherapy and Counseling

Register for the Monday Night Year-Long Program Certificate of Completion Program

Which offers an in-depth exposure to psycho-spiritual theory and method. In addition, the process/project class provides a coherent structure intended to help each student develop a personal perspective regarding spiritually informed therapy.

Course Faculty	<i>ASP therapists and counselors experienced in a variety of spiritually-informed orientations</i>
Monday Nights Sept. to June 7:30 to 9:30 PM	<i>Throughout the year 6 different Modules meet on Monday night for 4 weeks each for 2 hours a night: A process/project class meets after the conclusion of each module for 2 hours.</i>
Tuition	<i>\$1675 –64 contact hours - 10% OFF FOR ASP MEMBERS</i>
NASWNY CEU's	<i>Upon NASWNY Approval: Student's will Receive NASWNY CEU credits for every contact hour and a Certificate of Completion.</i>

Developing a Spiritually Informed Approach To Psychotherapy and Counseling offers the participant a unique program for personal and professional growth in a community of experienced teachers and like-minded fellow students.

Teaching Philosophy:

The Association's teaching philosophy is based on the belief that spirituality is necessary for psychological healing. ASP is dedicated to deepening our students' inner spiritual awareness to enable healing to take place for both themselves and the patients they work with. We believe that a spiritually informed therapy, while working with common presenting problems, can be maximally beneficial for the individuals who seek our help. ASP is committed to helping students work in a more effective, fulfilling way with individuals, couples, families and groups.

Who should take this Course?

We invite analysts, psychotherapists, counselors, and other psycho dynamically oriented healing arts practitioners and ministers as well as individuals who have a spiritual and psychodynamic orientation to register for these programs.

General Learning Objectives:

- Provide a spiritual perspective on working with psychological issues such as depression, anxiety, addiction, somatic problems and relationships, as well as casting "spiritual light" upon them.
- Develop "spiritually-informed therapists" by providing sound theoretical bases and learning experiences that will broaden perspective and increase skills in psycho-spiritual diagnosis, treatment, therapeutic presence and listening.
- Provide opportunity for psycho-spiritual growth as it relates to personal and professional development
- Offer a professional community.

Teaching methods will include

- Relevant meditations
- Relevant Supportive Psycho-spiritual Readings
- Didactic presentation of theory, method and technique
- Case discussions
- Experiential exercises including practice therapy sessions
- Process papers including the development of personal perspectives on spiritually informed therapy.
- Project and Class Presentation.

Monday Night 7:30 to 9:30 PM	Monday Night Course Title	Monday Night Instructor	Monday Night Course Description
9/14, 2009 7:30 PM to 9:30 PM	Process/Project	Sam Menahem, Ph.D, Diana Kerievsky	This class offers students the opportunity to experience a group setting which supports exploring and sharing spiritual experience, doubts, questions and practice in the context of "Integrating Spirituality." As part of the group process, each student will identify, research and develop a class presentation on a topic of particular personal relevance.
9/21, 10/5, 10/19, 10/26, 2009 7:30 to 9:30 PM	Integrating Spirituality and Psychotherapy	Sam Menahem, Ph.D	Cognitive-Behaviorism, Psychoanalysis, Humanism and Transpersonal theories will be compared and contrasted with clinical examples. How Karen Horney and the "Pathwork" material are used to integrate prayer into psychotherapy. Understanding and using the "law of attraction" will be explored along with the secret behind "The Secret." The psychodynamics, metaphysics, and practical applications of "The Course in Miracles" will be explored.
11/2, 2009 7:30 to 9:30 PM	Process Project	Diana Kerievsky	Integration of Course Material through Group Process. Discussion of student projects for Year End Presentation.
11/9, 11/16, 23, 30 2009 7:30 to 9:30 PM	Cognitive Spiritual Therapy: An Existential Approach:	Bruce Kerievsky AB and Diana Kerievsky LCSWR	This class will focus on how "Metapsychiatry," a psycho-spiritual method, created by Thomas Hora, M.D. teaches how to discern one's "Mode of Being In the World," i.e. what secret values we cherish" by utilizing the "Two Intelligent Questions." "What is the meaning of what seems to be?" & "What is what really is?" For more information go to www.pagl.org and www.meaningandtruth.com
12/7/09 7:30 to 9:30 PM	Process/Project	Menahem	Integration of Course Material through Group Process. Discussion of student projects for Year End Presentation.
12/14, 21, 2009, 1/4, 1/11 2010, 7:30 to 9:30 PM	Cancer Dancer	Tina Felluss, LCSW	The term "cancer survivor" locks your mind in a negative space. How do we assist someone to move beyond seeing themselves as a victim of any deadly disease? In this course we will examine the physical, emotional, mental and spiritual elements that need to be addressed to initiate the healing response. We will use movement as a means of accessing those deeper parts of ourselves – with the goal of making ourselves "spiritually bigger" than the disease.
1/25/2010 7:30 to 9:30	Process/Project	Diana Kerievsky	Integration of Course Material through Group Process. Discussion of student projects for Year End Presentation.
2/1, 2/8, 2/22, 3/1 2010 7:30 to 9:30 PM	On Being and Becoming Whole	Lynda Klau, Ph.D	What does a psycho-spiritual therapy practice look like, day by day? Several practical and theoretical questions emerge for exploration and discovery. What role can spirituality play in the therapeutic process? How do we include the body and its language? How can we best integrate the personal and spiritual selves? We will use personal and professional issues through experiential lessons and discussion.
3/8/2010 7:30 to 9:30 PM	Process/Project	Dr. Menahem	Integration of Course Material through Group Process. Discussion of student projects for Year End Presentation.
3/15, 3/22, 4/5, 4/12, 2010 7:30 to 9:30 PM	Hypnosis, Meditation & Spirituality	Susan Lee Bady, LCSW, BCD	This didactic & experiential workshop will explore similarities and differences between hypnosis, self-hypnosis and meditation We will learn how knowledge of each can enhance our healing and spiritual capacities, with special emphasis on hypnosis.
4/19/10 7:30 to 9:30 PM	Process Project	Diana Kerievsky	Integration of Course Material through Group Process. Discussion of student projects for Year End Presentation.
4/26, 5/3, 5/10, 5/17, 2010 7:30 to 9:30 PM	Psycho-Spiritual Energy Therapy: A Cohesive Model for Integration	Henry Grayson, Ph.D.	This class will present a model for integrating any of the systems of psychotherapy with any singular or combination of spiritual approaches. It will include findings from the perennial philosophy of the East and West, the new brain scan studies, the new physics, and energy psychology to create a synergetic and unified approach to psycho-spiritual therapy.
5/24/10 7:30 to 9:30 PM	Process Project	Dr. Menahem	Integration of Course Material through Group Process. Discussion of student projects for Year End Presentation.
6/7, and 6/14, 2010 7:30 to 9:30 PM	Class Presentation	Menahem/ Kerievsky	Class project presentation and group process with the CSP faculty of the yearlong psycho-spiritual experience.
6/21/10 Last Class	Graduation		Students and CSP Faculty

BIOGRAPHIES OF OUR FACULTY

Susan Lee Bady, LCSW, BCD, is trained in psychoanalytic psychotherapy, EMDR and hypnosis. She is President of the New York Society of Clinical Hypnosis, an Approved Hypnosis Consultant with the American Society of Clinical Hypnosis and past Director of the Hypnosis Institute of the Park Slope Center for Mental Health. Ms. Bady has been meditating with the New York Insight Meditation Society for the past 10 years. She is in private practice in Park Slope Brooklyn.

Paul C. Cooper, L.P. Member, training analyst, clinical supervisor and faculty National Psychological Association for Psychoanalysis, Institute for Expressive Analysis; Former Board member and faculty at the Center for Spirituality and Psychotherapy; Author of numerous articles on the integration of Buddhism and psychoanalysis. Paul edited *Into the Mountain Stream: Psychotherapy and Buddhist Experience* (2007. Jason Aronson, Pub.). He maintains a private practice in Manhattan and Westchester, NY.

Lani Donlon, LCSW, ACSW, a psychotherapist and teacher for 30 years, works with individuals, couples and groups in Hastings-on Hudson, N.Y. Initially trained in Gestalt therapy, she has integrated her many years of interest in and experience with Buddhist Psychology and Philosophy into her work. Those she has studied with include Thich Nhat Hanh, The Dalai Lama, Lama Surya Das, and Jon Kabat-Zinn – with whom she trained in Mindfulness Based Stress Reduction. She has also contributed to the Family Values chapter of Kabat-Zinn's book, "Everyday Blessings." She is currently a member of the Board of ASP.

Tina Felluss, LCSW, Is a practicing psychotherapist and workshop leader. She combines psychodynamic therapy with movement, body awareness and spirituality. She is an Integrated Kabbalistic Healer, a Certified Nia Instructor and has studied numerous body-oriented and energy therapies.

Henry Grayson, Ph.D., is the founder and is the Chairman of the Board of Trustees of the National Institute for the Psychotherapies. As one of the current leaders in integrating spirituality, science, and psychotherapy, he is the Past President of the Association for Spirituality and Psychotherapy. The co-author of three professional books, most recently he published *Mindful Loving: 10 Practices to Deepen Your Connections*, (Gotham/Penguin Putnam), which was featured in the April, 2004 issue of Oprah Magazine, and the best selling 6-tape Sounds True audio series, *The New Physics of Love: The Power of Mind and Spirit in Relationships*. He has lectured widely across the U.S. and abroad. A frequent lecturer, he integrates Eastern and Western spiritual thought and practices with the New Physics in a practice of psycho-spiritual therapy in New York and Connecticut. Dr. Grayson can be heard on the Mindful Living webcast show every Monday evening at 5PM at www.pnrcomm.net

Jeffrey L. Gurian, D.D.S., is a Clinical Professor in Oral Medicine and Oro-Facial Pain at NYU, and a Board Member of ASP since 1999. He developed a system of talk and touch known as STAR Therapy to treat stress related illness and depression often linked to TMJ-related symptoms such as migraine-type headaches, neck and back pain, vertigo, tinnitus, ear pain, facial pain and many other symptoms often not diagnosed as having to do with the Temporomandibular Joint. Dr. Gurian teaches a workshop called Energy Work for Actors, and has lectured at Energy Psychology conferences in this country and in Canada.

Diana Kerievsky, LCSWR, An analyst and Research Associate of Thomas Hora, M.D., for 30 years; Dr. Hora was the founder of the New York School of Metapsychiatry. He integrated existential psychoanalysis with his studies in Zen Buddhism, Judeo Christian teachings and other wisdom traditions. Diana practices both individual and group psychotherapy in Great Neck and New York City. She is the Curriculum Chair for the Association for Spirituality and Psychotherapy's One Year Program "Developing A Spiritually Informed Approach to Psychotherapy and Counseling." and is a faculty member as well. Diana is the Executive Director and Treasurer of ASP. She is the Secretary of the PAGL Foundation (Peace, Assurance, Gratitude and Love) www.PAGL.org Diana has published on group psychotherapy and conducted research on therapists' willingness to explore spirituality with their patients.

Bruce Kerievsky, A.B., was also an analyst and student of Thomas Hora, M.D., for 30 years. He was the editor of "Beyond the Dream" by Dr. Hora. Bruce's article, "Metapsychiatry And the Elusive Truth of Being," was published in the Journal of Religion & Health in the spring of 2000. He is the Treasurer of the PAGL Foundation and is on the CSP Board. Bruce is also the President of K2 Consulting Enterprises, a computer-consulting firm in Great Neck, NY. He is the Webmaster for PAGL.org, PAGLAssociates.com and PsychoSpiritualTherapy.org. To learn more about the Kerievskys go to www.MeaningAndTruth.com

Lynda Klau, Ph.D. licensed clinical psychologist, coach and speaker has worked for over two decades with individuals and organizations as an integrative spiritual therapist, coach and holistic business strategist. A professional public speaker and published author, Dr. Klau conducts workshops nationally and internationally and has appeared on radio and television. She has been a board member of The Spirit of Work, and a former tenured Assistant Professor of Clinical Psychology at Ramapo College in New Jersey. Her unique set of skills and cutting edge tools for transformation (various forms of: meditation, voice and breath work, guided imagery, body therapies) form the foundation of her company Life Unlimited: The Center for Human Possibility. Her practice is based in New York City, where she lives. Find out more at: www.drlyndaklau.com

Sam Menahem Ph.D. is Past President of the Association for Spirituality and Psychotherapy (ASP). He is a practicing psychologist in Fort Lee, N.J., an adjunct professor at Columbia University and the author of two books; "When Therapy Isn't Enough," and "All Your Prayers are Answered." www.drmenahem.com.

Kenneth Porter, M.D., is President of ASP and is a spiritually oriented psychiatrist and psychotherapist who does individual, group and couple psychotherapy. He is a teacher of Buddhist meditation for NY Insight Meditation Center, and is a student of Kundalini Science and of the Diamond Approach of A.H. Almaas.

REGISTRATION FORM

PLEASE STATE YOUR LEARNING OBJECTIVES FOR THIS COURSE ON A SEPARATE SHEET OR THE BACK OF THIS FORM.

PLEASE NOTE THE FOLLOWING IMPORTANT DETAILS: ASP MEMBERS TAKE 10% OFF

- **Course fee for 2009/10 year is \$1,675. (10% OFF FOR ASP MEMBERS)**
- **All Payments are made to ASP.**
- **\$200 Deposit Due by 8/1/09. ASP will retain \$50 Administration fee if deposit is returned.**
- **Full payment due less deposit by 8/20/09 or 50% due by 8/20/09 and 50% of the balance due six weeks later (a letter of commitment to pay final balance will be required upon receipt of the initial 50%).**
- **50% refund, less deposit, of tuition before first class begins.**

PLEASE FILL OUT THIS FORM AND MAIL IT IN: ** IT IS IMPORTANT THAT YOU PRINT CLEARLY

NAME _____ Degree _____

ADDRESS _____

CITY, STATE, ZIP _____

DAY PHONE _____ EVENING PHONE _____

EMAIL: _____ Website _____

___ I AM REGISTERING FOR THE ONE YEAR PSYCHOSPIRITUAL COURSE (64 contact hours)

PAYMENT METHOD: __ CHECK __ MONEY ORDER__ CREDIT CARD: MAKE CHECKS OR MONEY ORDER OUT TO ASP

MASTER CARD # _____ EXP. DATE _____ SIGNATURE _____

VISA # _____ EXP DATE. _____ SIGNATURE _____

AMEX # _____ EXP DATE _____ SIGNATURE _____

MAIL REGISTRATION FORM TO: ASP c/o Diana Kerievsky, 7 Arrandale Avenue, Great Neck, NY 11024 or
FAX it to 516-829-2132

Questions: CALL Diana Kerievsky, LCSW, Curriculum Chair, 516 829-5027; Sam Menahem, Ph.D., Curriculum Co-Chair 201-944-1164; Kenneth Porter, M.D., Curriculum Advisor, 212-289-7431.

***NO I CANNOT ATTEND THE COURSE BUT PLEASE PUT ME ON YOUR MAILING LIST:
Fill out the Form Below.***

Please Print Clearly and mail it to the address above: Attention: Diana Kerievsky, LCSW, Curriculum Chair

NAME _____ Title _____ Degree _____

ADDRESS _____ City, State, Zip _____

PHONE _____ Email: _____