



WINTER 2012 CLINICAL CONVERSATION

PSYCHOTHERAPY AND SPIRITUALITY STUDY GROUP: A 10-YEAR RETROSPECTIVE

Bonnie Burg, LICSW, BCD; Elizabeth Brady, LICSW, & Lynda Cramer, LICSW

Monday March 5, 2012
7-9 PM 2 CEUs

Tubman Family Alliance
3111 First Av S, Mpls, MN

The Spirituality and Psychotherapy study group began with the intention to discuss the ways that spirituality enters into the treatment of psychotherapy clients. Over the course of ten years, we have shared our own spiritual awareness and the practices that have informed our work. The works of a number of authors (e.g., Pema Chodron, Mark Epstein, AH Almas) provided the fodder for lively discussion of how various beliefs and faith traditions might influence hopes for treatment, the treatment relationship, and the efficacy of our interventions. Use of case material elaborated our understanding. In this clinical conversation, we would like to share some of the insights gained from our process. We hope you will join us in a discussion of this intriguing aspect of clinical work.

GOAL: To share reflections, knowledge and awareness of the presence and influence of spirituality in psychotherapy.

OBJECTIVES:

1. To define spirituality and religion, distinguishing the 3 domains of spirituality and their impact on the treatment process;
2. To discuss the ways in which spirituality is present in the treatment setting;
3. To discuss how the therapist's mindful awareness and acceptance in the present moment enhances the client/therapist relationship;
4. To discuss ethical considerations as they relate to spirituality in clinical practice, including the use of spiritually informed interventions in therapy.

Bonnie Burg, LICSW, BCD, graduated from the University of Chicago, SSA and has forty years of clinical and teaching experience in psychiatric hospitals, clinics and private practice. Her interest in spirituality began in college with majors in theology, philosophy and psychology and motivated her to initiate this study group. She currently has a private practice in St. Paul.

Liz Brady, LICSW, worked and trained with Elisabeth Kubler-Ross in the early 1980's, who greatly inspired her path into clinical social work. She graduated from NYC's Hunter College School of Social Work then moved to the Twin Cities in 1992. She completed the two-year Psychoanalytic Psychotherapy program with MPSI and has a private practice in St. Paul.

Lynda Cramer, LICSW, continues a lifelong interest in spirituality and philosophy. She has found a home in social work as a psychotherapist. She has been a member of the study group since its inception. She is in private practice in St. Paul.

Free to MSCSW members, \$25 for non-members. NO registration is required.

QUESTIONS? Contact Mark LaChapelle at 952.928.8474 or melachapelle@comcast.net