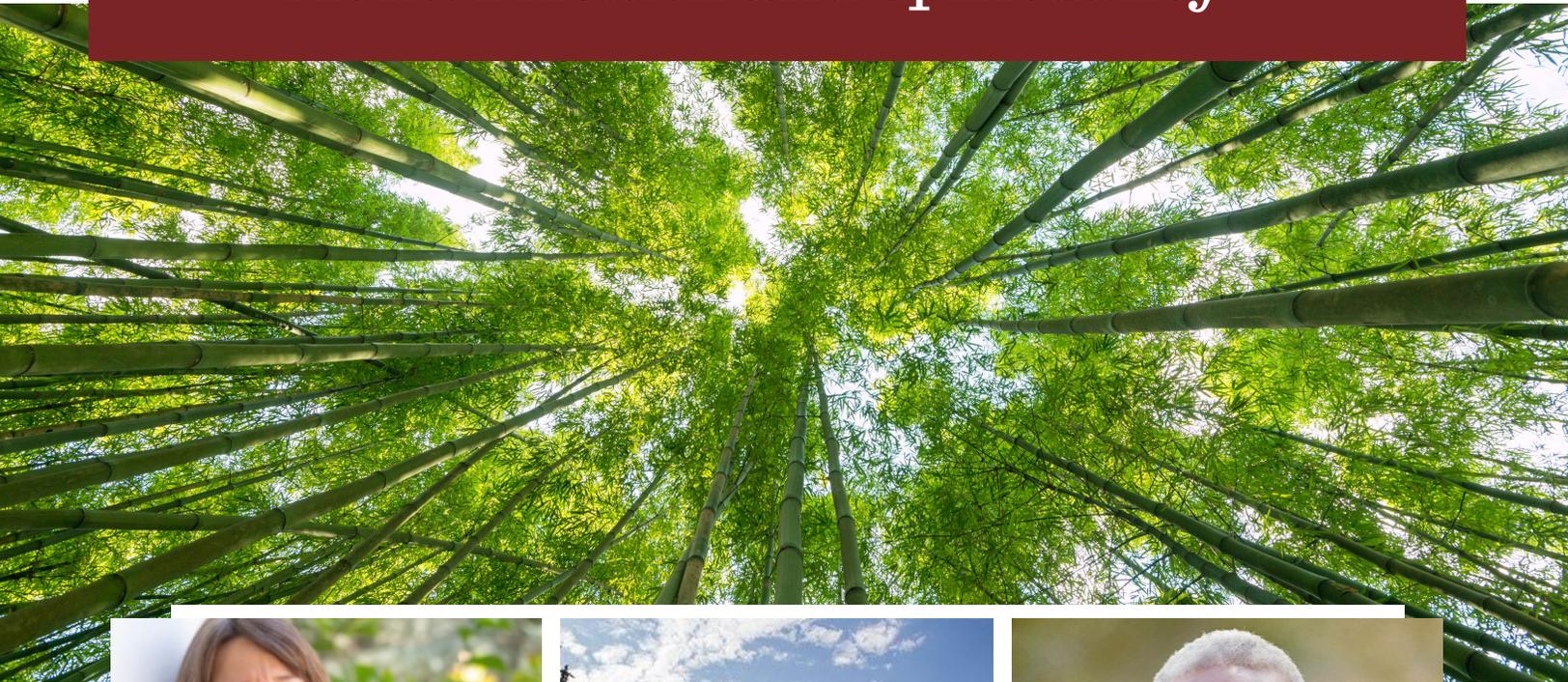


Mental Health and Spirituality



Dr. Fran Grace



Belvie Rooks

Paradigms of Healing and Wholeness

Tuesdays and Thursdays
4:30-6:00pm PST

September 15 to November 5, 2020
Via Zoom

for more information contact Amy Moff Hudec

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REGISTER:

<https://www.redlands.edu/study/schools-and-centers/school-of-continuing-studies/cmhs/>

COST: \$625

TIME: Tuesdays & Thursdays, 4:30 - 6:00 pm PST

People long to be happy and free of suffering, to experience their own innate wholeness and to live from the clear depths of their “true self.” But what does healing look like? What is wholeness? As a professional in mental health care, counseling or pastoral care, do you have the answers?

In this 8-week, 16 session seminar, mental health and spiritual care providers can learn an integrative approach to healing and wholeness by considering paradigms that are inclusive of the human being’s full spectrum of lived experience—body, mind, spirit, and heart. Here you will get comprehensive exposure to paradigms of human flourishing that integrate the riches of ancient wisdom with the findings of recent evidence-based discoveries.

Take this seminar as part of the Certificate in Mental Health and Spirituality, or by itself to earn continuing education credits (CEs) as you learn the paradigms of healing and wholeness. Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients

TOPICS INCLUDE:

- Spiritually informed approaches to mental health and human flourishing
- Connections between body, mind, spirit and heart
- Diverse paradigms for healing and wholeness
- Methods for overcoming inner obstacles to healing and wholeness
- The power of love, compassion and forgiveness in healing divides
- Relationship between individual transformation and societal healing

LEARNING OBJECTIVES INCLUDE:

- Increase awareness of the intersection of spirituality/religion and mental health/human flourishing
- Explore, learn and practice methods proposed by the paradigms to be effective in fostering healing and wholeness
- Discuss their own story in terms of psycho-spiritual development and the core themes of healing and wholeness
- Explain the fundamental concepts and practices of at least one paradigm that is most relevant to their context
- Apply this paradigm to their primary community of concern, congregation, or clientele
- Assess and articulate to others several key “practices” known to foster human flourishing
- Describe the process that scientists and other rationalists undergo when they face evidence of spiritual reality that’s outside the box of a materialist paradigm
- Explain why many traditions value the role of a spiritual teacher for those seeking healing and wholeness

24 CE credits available. CE credits for psychologists are provided by the Spiritual Competency Resource Center (SCRC) which is cosponsoring this program. The Spiritual Competency Resource Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Spiritual Competency Resource Center maintains responsibility for this program and its content. The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and MFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association. LCSWs, MFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association. SCRC is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. For questions about receiving your Certificate of Attendance, contact amy_moffhudec@redlands.edu. For questions about CE, visit www.spiritualcompetency.com or contact David Lukoff, PhD at CE@spiritualcompetency.com.