

Minnesota Society of Clinical Hypnosis
1ST ANNUAL MSCH SHEP MYERS WORKSHOP
MEMBERS ONLY

Healing the Heart: A Day of Contemplative Practice and Reflection
Rabbi Amy Eilberg

SUNDAY, APRIL 17, 2016

9:00 AM - 4:30 PM

LUNCH PROVIDED

Coffee and Registration 8:30 AM - 8:50 AM

Cost: \$75 | 6 CEUs

Carondelet Center | 1890 Randolph Avenue | Saint Paul, MN 55105

WORKSHOP DESCRIPTION

This all-day workshop will offer a spacious opportunity to explore the role of spiritual practice in the lives of people in need of healing – our patients and ourselves. We will consider elements of spiritual wisdom that may be helpful in a healing journey, reflecting individually and in groups on how these values and perspectives have been present in our own personal and professional lives. We will then delve into the role of Buddhist metta/lovingkindness practice as part of a healing journey for ourselves and for others.

LEARNING OBJECTIVES

By the end of this seminar participants will have:

1. Considered a variety of perspectives about the place of spiritual practice in the context of therapy.
2. Deconstructed negative myths about the incorporation of mindfulness practice into the therapeutic relationship.
3. Identified elements of spiritual wisdom that have been present in healing journeys - their own and those of their clients/patients.
4. Explored the role of lovingkindness meditation for healing journeys.

THE PRESENTER

Rabbi Amy Eilberg is the first woman ordained as a Conservative rabbi by the Jewish Theological Seminary of America. She serves as the director of the Pardes Rodef Shalom (Pursuer of Peace) Communities Program, helping synagogues and Jewish organizations place the pursuit of peace in interpersonal relationships at the center of their communal mission. Rabbi Eilberg also serves as a spiritual director, leads interfaith dialogue programs in Minneapolis/St. Paul, MN, and teaches at United Theological Seminary of the Twin Cities. Her book, "From Enemy to Friend: Jewish Wisdom and the Pursuit of Peace," was published by Orbis Books in March 2014. Rabbi Eilberg also has a clinical MSW and many years of experience offering spiritual care in both acute care and hospice contexts.



SHEP MYERS' WORKSHOP REGISTRATION

Registration Deadline April 11, 2016

Complete & Mail with \$75 check to: MSCH | c/o Deb Schrobilgen | PO Box 755 Prior Lake, MN 55372

Registration online is live at www.msch.us in the Members area

Name	Degree	License#
Address	City	State Zip
E-Mail Address	Phone#	

Please check box if a vegetarian lunch is needed