

Psycho-spiritual Solutions in Uncertain Times: Antidotes to Fear and Anxiety

A one day workshop / March 1, 2009, 9:45 AM to 5:00 PM

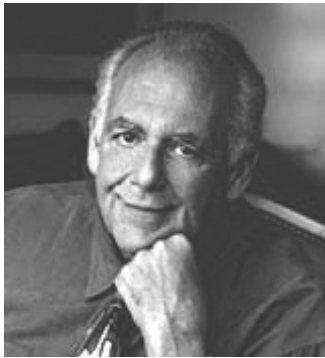
PRESENTERS AND TOPICS

Special Guest Speaker:

Armand DiMele,

Host of "The Positive Mind" on WBAI

The Power of the Positive Mind.



Finding a positive attitude is difficult when you are stuck in depression or worry. Change seems unfathomable and you resist trying.

Techniques will be provided for using the energy of your own resistance to find your way

out of the drudgery. Shifting your attitude will help you to find your power.

Paul Cooper, L.P.: ***Necessary Anxiety.*** Provides practical methods for using anxiety constructively and from a psycho-spiritual perspective will include both didactic and experiential components for participants.

Tina Felluss, LCSW: ***Transforming Fear Through the Joy of Movement.*** Focusing on the power of body awareness and movement to access, diffuse and transform fear into spiritual energy.

Henry Grayson, Ph.D.: ***Spiritual and Energetic Techniques to Eliminate Stress in Any Situation.*** Most stress comes from what we think or believe about a situation or circumstance more than the event itself. You will learn several simple, yet powerful techniques, not just to reduce stress, but to eliminate it and its ongoing effects on your mind-body.

Ani Kalayjian, Ph.D.: ***Forgiveness: A Pathway for Transforming Anxiety, Fear and Panic into Meaning Making.*** Provides understanding into how forgiveness of self and others creates the inner peace and calm which in and of itself transforms anxiety and fear into empowerment and meaning-making.

Bruce & Diana Kerievsky, LCSW: ***Existential Metapsychiatry.*** How can asking The Two Intelligent Questions: What is the Meaning Of What Seems to Be? and What Is What Really Is? lead to understanding and transcendence of fear, panic, anxiety and depression.

Sam Menahem, Ph.D.: ***Humor, Healing and Enlightenment: The Pursuit of the Great Cosmic Chuckle.*** The great cosmic chuckle will be pursued, captured and sentenced to 18 years of community service. Humor will be explored in light of Dr. Menahem's discovery that one cannot laugh and panic at the same time. All participants will have a rollicking good time and move toward enlightenment together.

Bernard Starr, Ph.D.: ***Prophecy and Profit of Challenging Times: The Spiritual Emergency of Crisis and Life Transitions.*** A crisis is a terrible thing to waste. You may feel like shutting down. Better, though, to open the window of opportunity. A guide to steps on the ladder to the higher ground of omni consciousness that can transcend crisis, build inner strength and promote genuine growth.

Where: The Auditorium, 310 E. 67th St. (between 1st & 2nd Ave). Parking garage at East End and 66th St.

Registration Fee: \$55 checks made out to Association for Spirituality and Psychotherapy (ASP)

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