

## Working with soul: Creating a trellis for spirituality in therapeutic practice

12 November 2021

Time	Session	Presenter
9.30am - 9.45am	Welcome and introductions	
9.45am - 10.30am	<p>Martina Lehane Sheehan - Creating a trellis for spirituality in therapeutic practice</p> <p>In this presentation Martina will offer a framework for creating a supportive practice for living a more balanced life, congruent with values. Drawing on the wisdom of Celtic and Mystical Christian traditions and integrating with Contemporary Psychology, you will be guided through input, meditation and reflective questions. The session will explore how we might cultivate a meaningful spiritual life where stillness and reflective practices will combat stress, anxiety and the constant 'switched- on' mindset that many of us have grown accustomed to. We will explore soul—strengthening practices that create a trellis for times of uncertainty and new beginnings. This approach will help us to be more present and intentional in our work with clients.</p> <p>Martina is an accredited psychotherapist and spiritual director and has been leading workshops and retreats for thirty years (nationally and internationally). Martina's approach is psycho-spiritual which offers healing to body, mind and spirit. Martina has also worked as Director of a Retreat Centre for nearly twenty years.</p>	Martina Lehane Sheehan
10.30am - 10.45am	Live Q&A session	
10.45am - 10.55am	Break	
10.55am - 11.40am	<p>Sarah Egger - Assessing spirituality in the client's journey</p> <p>This session will look at how to explore our client's spiritual concerns and respond to them appropriately, examining</p>	Sarah Egger

	<p>some of the more difficult issues arising in this area. Beginning with the ‘why’ peoples’ spiritual needs should be addressed, the ‘how’ of taking a spiritual history, and then the ‘who’ and ‘when’ will be examined. Finally, what happens after assessment including engaging with clients’ spiritual concerns and potential dilemmas that might arise for therapists in addressing this aspect of a persons’ life will be considered.</p> <p>Dr Sarah Egger (MB, BS, FRCPsych) is Chair of the Janki foundation and a retired consultant psychiatrist formerly at Imperial College, London. She is on the executive committees of both the Religion, Spirituality and Psychiatry section of the WPA and the Special Interest Group on Spirituality at the Royal College of Psychiatrists (UK). She has practiced Raja Yoga meditation for over 40 years and is a certified Mindful Self Compassion teacher.</p>	
11.40am - 11.55am	Live Q&A session	
11.55am - 12.00pm	Break	
12.00pm - 12.45pm	<p>Breakout sessions (choose 1 on the day)</p> <p>Maureen Slattery-Marsh - Living our lament in the tears and tears of life: integrating a spirituality of solidarity into therapeutic practice.</p> <p>Matt Cormack - Reflections with rainbows: starting to explore gender, sexual and relationship diversity (GSRD) and spirituality.</p> <p>Keith Duckett - The SIEVE model of reflective practice as a trellis for spirituality in therapeutic and supervisory practice.</p> <p>Sukhi Sian - Integrating alternative therapies into therapeutic practice</p> <p>Myira Khan - Intercultural focus</p>	
12.45pm - 1.00pm	Event Close	

This programme is subject to change