



Soul Therapy: Healing at every level of existence

by
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A workshop at the

Psychology For All London Conference

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Do you think of spirituality as a fundamental part of wellbeing?

Ever wondered how to integrate ideas of spirituality into your personal, material or professional life, and scientific understandings?

Do you worry that we are at risk of becoming spiritually bankrupt?

This workshop is designed to open participants' awareness to the importance of the spiritual dimension both in therapy and in general healthcare. Presentation of the basic ideas underpinning this integrative and innovative style of treatment, with simple exercises, illustrations and discussion, are intended to offer participants the opportunity to begin to integrate spirituality into their understandings of wellbeing. Often, theories in Psychology misinterpret spiritual phenomena, consigning those people who are spiritually sensitive as sufferers of psychopathology. One of the intentions of this workshop is to broaden the horizons of the profession to include fundamental spiritual-psychological wisdoms and insights that are now being rediscovered, researched and proved effective in the deeper understanding and treatment of psychological problems. It is in the true nature of the science of Twenty-first Century Psychology to pursue knowledge with curiosity and an open mind, unfettered by traditional interpretations and prejudices.

This workshop will be of interest to the adult layperson, adults from all walks of life who are interested in the significance of the soul and its spiritual environment, sceptics curious to explore the topic, as well as those with an academic background.

To book conference tickets, go to <http://www.bps.org.uk/pfa2011>