



Mary & Joseph Retreat Center & Little Company of Mary Hospital present
Spirituality Seminars 2012
for Health Care Professionals

Every day health care professionals are faced with multiple challenges. Participants in these seminars will become more comfortable with their own spirituality and understand more fully the spirituality of their patients. There will be six different topics offered two times per month starting in January 2012, concluding with a 2 night/ 2 day retreat in July 2012.

Each seminar will be offered on two dates from 9:00 am to 4:00 pm

January 12 & 26: Nuala Briody, DMJ & Rev. Dan Hudson, BCC-

Integrating Spirituality into Your Healthcare Practice

- Identify core elements of spirituality vital in your practice
- Reflect on motivation, roadblocks and willingness to integrate spirituality into your health care practice
- Participate in hands-on activities to raise awareness of your creative resources

February 9 & 23: Tammy Ichinotsubo-Ezzi, PhD

At the Core of Well-Being: An Interpersonal Neurobiology Approach to Spiritual Wholeness

- Develop an understanding of what constitutes well-being from an Interpersonal Neurobiology/Neuroscience perspective, with particular focus on the principle of "mindsight", as well as mindfulness/spirituality;
- Conceptualize how Interpersonal Neurobiology, mindsight, and mindfulness/spirituality can foster overall well-being and spiritual wholeness in yourself and those you care for;
- Come away with practical tools & techniques to cultivate mindsight and mindfulness personally and in your work.

March 8 & 22: Maggie Perrone, RN, MAPM

The Trauma of Chronic Illness: The Craft of Caring for Patients, Families and Ourselves

- Explore what the stress of chronic illness can look like on different aspects of life and family, patient and caregiver.
- Explore the boundaries of care, what is too much, too little, and how the crossing of lives can not only enrich, but also detract from establishing healthy coping strategies.
- Explore and experience tools for crafting a plan of care, not only for patients and families, but those who care for them.

April 12 & 26: Rev. Brad Deford, PhD *Spirituality for Those Caring for the Dying*

- Appreciate and act upon the ways caring for the dying challenges the *self/other* connection, and learn to distinguish *separation* from *differentiation*.
- Appreciate and know *what time it is*, both for oneself and for the person who is dying;
- Appreciate and know how to nurture and grow one's capacity for compassion - *suffering with... as opposed to suffering for*.

May 10 & 24: Fr. Jim Clarke, PhD *The Healing Power of Prayer and Presence*

- Learn to demonstrate and teach the healing power of prayer
- Learn to facilitate the healing gift of presence
- Learn the skill of contemplative listening

June 14 & 28: Prany Sananikone and Kay Lindahl

Listening & Reading Between the Lines: Understanding Our Multicultural Community

- Understand communication styles across cultures and learn about cultural norms and nuances;
- Engage in experiential learning exercises and learn effective listening techniques for health care professionals;
- Explore the role of caregivers and compassion with models, concepts and case studies.

The cost of \$10 per seminar includes materials, lunch and snacks. 6.0 contact hours/ CEUs for each day session.

Overnight Retreat: Care for the Caregiver

4:00 pm Tuesday, July 17, to 2:00 pm Thursday, July 19

Where do you find the strength to be strong for your patients, their families and others? This overnight retreat will provide a passport to explore your inner spirit and opportunities to be nourished, renewed, rejuvenated and refreshed. This retreat will include: Yoga, massage, spiritual direction, writing to nourish yourself, meditation, creating your vision board & opportunities for nurturing and care for yourself and your patients. Presenters to date include: Marilyn Rose Utovac, RN & Barbara Mignosi, M.Ed, MA, LMFT; Adam Dishkin, MS; Carol Quinlivan, CSJ.

**Cost: per person/shared \$60 (\$50 if paid in full before July 6)
single room if available \$120 (\$110 if paid in full before July 6)
10.0 contact hours/CEUs for the full overnight retreat.**

Funding provided by the Angell Foundation

The seminars will be held at the Mary & Joseph Retreat Center 5300 Crest Road, Rancho Palos Verdes, CA 90275.
Provider approved by the California Board of Registered Nursing, CEP #15715,
and the California Board of Behavioral Health, #4927.

**For more information or to register contact John Oreb 310-377-4867, ext. 222
or via email at joreb@maryjoseph.org.**