

Association for Spirituality and Psychotherapy (ASP)

www.psychospiritualtherapy.org

You are invited to ASP's first networking meeting on psycho-spiritual applications to psychotherapy cases.

We are launching our new networking format consisting of a panel of leading psycho-spiritual practitioners who will respond to an active case that is under therapy treatment. Each month we will offer a different case focus and the addition of new panelists. Please join us for this exciting venture.

Date: October 30, 2009

Time: 7:30 PM to 9:30 PM. Wine and hors d'œuvre reception at 7:30. The meeting will start promptly at 8:00 PM

Place: The (New) Open Center, 22 East 30th Street (between Fifth and Madison)

Room: The Grand Hall

NOTE: There is **no charge** for this event but admission is strictly by RSVP. We are expecting a large turnout so please respond promptly to insure a place.

RSVP: StarrASP@aol.com

Panelists: For the October 30th meeting the panel will consist of:

Sam Menahem, Ph.D., Loch Kelly, M.Div., LCSW, and Jeffrey Rubin, Ph.D.

Moderator: Bernard Starr, Ph.D.

Summation and Final Thoughts: Lynda Klau, Ph.D.

Case Presentation Format

Dr. Sam Menahem will present a fascinating case of chronic depression that he is

currently treating in his practice. He will give a brief case history and a description of the treatment approach from his psychological and spiritual perspectives. Then Jeffrey Rubin and Loch Kelly will discuss the case and offer recommendations from their psycho-spiritual perspectives. Following the panelists' interactions we will invite queries and responses from the audience.

Goal

Through our new case presentation format The Association for Spirituality and Psychotherapy (ASP) aims to advance the field of psycho-spiritual therapy by establishing a body of concepts and techniques from a wide range of psychological theories and spiritual traditions that can be applied to all forms of therapy: individual, group, family, marital and relationship issues, and others. The format offers therapists a unique opportunity to share ideas, techniques, and questions with other psycho-spiritual practitioners. The case presentations and discussions will also be a springboard for exploring questions that include:

- What is spirituality?
- How are the spiritual self and the personal psychological self related?
- What are the basic principles of spirituality that differ from psychological concepts of self and reality?
- Can spiritual awareness or awakening skip over or dissolve personal psychological problems and issues?
- What does spirituality add to the understanding and treatment of psychotherapy issues and the quest for creative and positive living?
- How do religion and notions of divinity fit into the picture?

Brief Bios

Loch Kelly, M.Div., LCSW is a graduate of Columbia University in Clinical Social Work and has a masters from Union Theological in Psychology and Spirituality, where he was awarded a

fellowship to study nondual traditions of Dzogchen and Advaita in Sri Lanka, India and Nepal from 1981-1982. Loch spent years establishing homeless shelters and community lunch programs and worked as a psychotherapist in an outpatient mental health clinic in Brooklyn. He has taught meditation for twenty five years and is authorized to teach by Adyashanti and Mingyur Rinpoche. Loch has been part of mind/brain research studies on long term meditators as part of the Mind Life Institute with the Dalai Lama. His approach to healing focuses on the root of suffering in the mistaken identity and unused resources of consciousness we all have in common. He is the founder of the Natural Wakefulness Center in New York City. www.lochkelly.org

Lynda Klau, Ph.D. For over two decades, Dr. Lynda Klau has applied her integrative approach to mind, body and spirit as a licensed psychologist, coach and holistic business strategist. An educator, author, public speaker, and workshop leader, she has served as a tenured Assistant Professor at Ramapo College of New Jersey, and as an Assistant Professor at Downstate Medical Center. Lynda's work is founded in the belief that the more our mindful awareness deepens, the more we flourish. Her unique integrative approach, using a broad spectrum of skills and cutting-edge modalities for transformation forms the foundation of her company, Life Unlimited: The Center for Human Possibility. Her practice is based in New York City, where she lives. www.drlyndaklau.com/

Sam Menahem, Ph.D. is a spiritual psychologist and director of the Center For Psychotherapy and Spiritual Growth in Fort Lee, N.J. He is past president of the ASP and Adjunct Assistant Professor of psychology at Teachers College, Columbia University. He is the author of two books, When Therapy Isn't Enough and All Your Prayers Are Answered. His approach to psychotherapy integrates "A Course in Miracles, The Seth Material, the Sedona Method, Ericksonian Hypnotherapy and many other approaches. he is currently working on a book utilizing humor in psychotherapy. www.drmenahem.com.

Jeffrey Rubin, Ph.D., a graduate of Princeton and Columbia Universities, is a psychotherapist in private practice in New York City and Bedford Hills, NY for over thirty years. He is considered one of the leading integrators of the Western psychotherapeutic and Eastern meditative traditions and is the founder of Meditative Psychotherapy. He has authored a number of books including the critically acclaimed Psychotherapy & Buddhism: Towards an Integration; A Psychoanalysis for Our Time; and The Good Life. Dr. Rubin is currently completing a book on Human Flourishing . He is a training analyst at the Westchester Institute for Training in Psychoanalysis www.drjeffreyrubin.com/

Bernard Starr, Ph.D., current President of ASP, has practiced a number of therapeutic modalities and is currently offering workshops on OmniConsciousness based on his recently published book, *Escape Your Own Prison: Why We Need Spirituality And Psychology To be Truly Free*, which explores spirituality as a psychology of consciousness. He was previously Professor of developmental and educational psychology at CUNY and now teaches Spirituality and Psychology in Film at Marymount Manhattan College. In addition to his work in radio-- "The Longevity Report"-- he is currently producer and host for Phoenix Rising Television Productions. His commentary and opinion articles for the Scripps Howard News Service and the Journal Press Syndicate have appeared in major newspapers throughout the U.S. He currently writes a weekly column, *Spiritual Psychology*, for United Press International's Religion and Spirituality section. www.OmniConsciousness.com

***For more information about The Association for Spirituality and Psychotherapy (ASP) and to learn about membership visit our website: www.psychospiritualtherapy.org**