

# INSTITUTE FOR SPIRITUALITY & PSYCHOLOGY (ISP) EVENING SERIES



This is a series of dialogues, co-sponsored by the Institute for Spirituality and Psychology (ISP) and Spirit Rock, that will explore the importance and timeliness of addressing the interface of spirituality and psychotherapy. Historically a rift has existed between spiritual and psychological approaches to change. The dominant theories and practices in psychology have pathologized or ignored spiritual practices and experiences, despite strong evidence that spirituality is important to health and well-being. Yet research had made it increasingly clear that effective psychotherapy needs to encompass the spiritual dimensions of human beings.



**Spirit Rock Meditation Center** is dedicated to the teachings of the Buddha as presented in the Theravada vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong, and residential retreats.

WEDNESDAY, MAY 30, 7-9 pm

## ANOMALOUS EXPERIENCES IN PSYCHOTHERAPY & SPIRITUAL LIFE

*David Lukoff & Shelley Scammell*

Anomalous experiences include a variety of unusual experiences which appear to challenge our understanding of the world. Psychic experiences, mystical experiences, near death experiences, alien encounters, lucid dreaming, past-life, and psychedelic drug experiences can all be a focus in therapy and also occur during a person's spiritual practice. This clinically focused discussion addresses approaches to anomalous experiences in therapy and as part of the spiritual journey

**David Lukoff, PhD** is a licensed clinical psychologist in California and Professor of Psychology at Saybrook Graduate School in San Francisco; author of 50 articles and chapters on spiritual issues and mental health; co-author of the DSM-IV category Religious or Spiritual Problem; co-president of the Association for Transpersonal Psychology; maintains the Spiritual Competency Resource Center at [www.spiritualcompetency.com](http://www.spiritualcompetency.com).

**Shelley Scammell, PhD**, has been working with unusual experiences in clients for over 20 years as an advisor, and for the past 10, as a licensed psychologist. She is adjunct faculty at the American College of Traditional Chinese Medicine, and a board member of the Institute for Spirituality and Psychology. She has found a home in the non-dual wisdom traditions, studying Advaita Vedanta with Carole Whitfield, Hart de Fouw and Mata Amritanandamayi.

*Community Meditation Hall*

*Cost \$25, code SP9E07. CE credit available.*

WEDNESDAY, JUNE 13, 7-9 pm

## TAKING IN THE GOOD

*Phillip Moffitt & Rick Hanson*

Taking in the good—so that positive experiences, ideas and people become a part of yourself—is central to psychological and spiritual growth. These resources inside help you cope, feel happy, heal from trauma and cultivate spiritually wholesome qualities. Phillip and Rick will explore methods for taking in the good from Eastern religions and Western psychology. They will also discuss ideas from the new neuroscience about ways to change your brain to liberate your mind.

**Phillip Moffitt** has practiced Vipassana since 1983. He is a member of Spirit Rock Teachers Council and leads an ongoing meditation class in Marin. He is president of the Life Balance Institute, writes articles for *Yoga Journal*, and authored *The Power to Heal*.

**Rick Hanson, PhD** began meditating in 1974 and has practiced in several traditions. He started sitting at Spirit Rock around 1996 and joined its Board of Directors in 1999. A clinical psychologist, husband, and parent of two teenagers, he has written and taught on the five essential inner skills of both Buddhism and psychology. Currently in the Community Dharma Leader training program, he has co-lead a six-session class on Mindfulness 101 and co-leads a Wednesday evening sitting group at Dominican University.

*Community Meditation Hall*

*Cost \$25, code SPAE07. CE credit available.*

IN CONSIDERATION OF OTHERS, PLEASE DO NOT WEAR ANY SCENTED PRODUCTS, INCLUDING NATURAL OR ESSENTIAL OILS.