The Labyrinth, Walking, and Healing: Seminars for Licensed Social Workers & Certified Addictions Counselors
PCB Approved Education

Level I: Entry into Contemplation: A Process of Self-Awareness
Sunday, 3/18/07 1:00-4:00pm

Level II: Walking with “The Problem”: Psycho-Social-Spiritual Convergence
Sunday, 4/22/07 1:00-4:00 pm

Level III: Self-Realization: The Labyrinth as Spiritual Journey
Sunday, 5/20/07 1:00-4:00 pm

The Self-Discovery Wellness Arts Center was incorporated as a nonprofit organization in 1998 to provide holistic education, mind-body techniques and complementary modalities for optimal health, healing, and spiritual growth. It has an indoor Cretan labyrinth and an outdoor Chartres labyrinth which will be utilized for these seminars. It offers a peaceful, smoke-free, toxic-free environment, ideally suited for the practices of reflection, mindfulness, and meditation.
OBJECTIVES

AWARENESS OF HISTORY OF LABYRINTH AND ITS HEALING POWER—LABYRINTH AS A TOOL FOR TRANSFORMATION—LABYRINTH TECHNIQUES IN TREATMENT—AWARENESS OF PROFESSIONAL LITERATURE ON ALTERNATIVE TREATMENTS


Introduction to the labyrinth, Guided relaxations, Turning to the breath, Managing the senses, Resting the mind, Walking the labyrinth, Professional applications—Professional self-care, Review of professional literature, Application to cases.


Identifying the problem so it can be solved using "Focusing", Self-facilitation in 3 steps—purification, illumination, union, Labyrinth walk/s, Relating to others, Journaling/appropriate sharing, Professional Applications—Treatment interventions, Adjuncts to treatment, Review of professional literature, Application to cases.


Preparations for "pilgrimage making", Experiencing the labyrinth as spiritual metaphor, Guidelines for facilitating another (i.e. the client), Labyrinth walk/s, Journal, appropriate sharing, Professional applications—Labyrinth for personal transformation, Client-worker transformations, Review of professional literature, Application to cases, Labyrinth books and resources, Reflections, questions, comments, conclusions, integration, future explorations.

For all sessions, wear loose fitting clothing, suitable for stretching, walking, and sitting. Please avoid wearing strong scents. We suggest you bring a notebook or journal. For additional information, contact Anna D’Andrea at 570.278.9256 or wellness@epix.net

The Labyrinth, Walking, and Healing

Self-Discovery Wellness Arts Center, with support from The Institute for Social Work Research, Education, & Consultation in the School of Social Work, Marywood University, is sponsoring a series of three-hour (1-4 pm) Sunday afternoon workshops (3/18, 4/22, & 5/20/2007 at Self-Discovery Wellness Arts Center, 26 Lake Avenue, Montrose, PA) workshops on issues of concern to social workers and chemical dependence professionals. You may attend any 1, 2, or all 3 sessions.

The workshop leaders are Ms. Anna D’Andrea and Dr. Christine Kessen. Anna is the Founder, President, and Spiritual Director, Self-Discovery Wellness Arts Center, with training and certification in several healing modalities, including Yoga, Meditation, Tai Chi, Therapeutic Touch, and Reiki. She was educated at Hunter College CUNY.

Christine is a licensed clinical social worker, Assistant Professor of Social Work at Marywood University, teaching social work practice, spirituality, and ethics. She conducts numerous community and professional workshops. She has a DSW from Columbia University.

Add $15 per level for social work and/or PCB credits

Indicate request for Continuing Education (LSW) and/or Certified Addictions Counselor (CAC) Credits

____ LSW _____ CAC

Total ______

Add $15 per level for social work and/or PCB credits

School of Social Work, Marywood University, is an approved provider of social work continuing education. PCB Approved Education-Provider #438.

Make checks payable to:
Self-Discovery Wellness Arts Center

P.O. Box 79
Montrose, PA 18801

Phone: 570.278.9256
Email: wellness@epix.net
www.wellnessarts.com