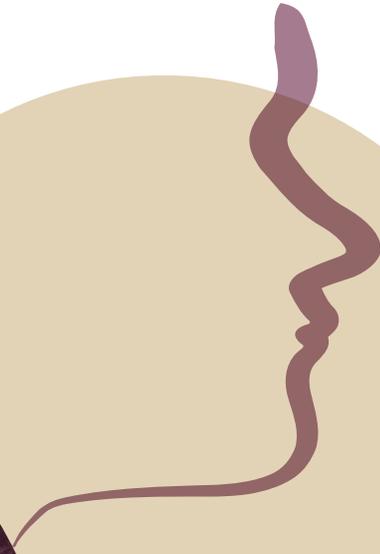


PARADIGMS OF HEALING AND WHOLENESS



Working within other traditions

8-week interactive seminar online

For more information, email
info@appliedwisdominstitute.org

MARCH 10 TO APRIL 30, 2020
TUESDAYS & THURSDAYS | 4:30–6:00 P.M. PST

Live on the Zoom platform

LED BY

Fran Grace, Ph.D., Professor of Religious Studies and
Steward of the Meditation Room, University of Redlands

PARADIGMS OF HEALING AND WHOLENES

REGISTER: www.redlands.edu/awi/cmhsregister

COST: \$625*

TIME: Tuesdays & Thursdays, 4:30 p.m. PST

People long to be happy and free of suffering, to experience their own innate wholeness and to live from the clear depths of their “true self.” But what does healing look like? What is wholeness? As a professional in mental health care, counseling or pastoral care, do you have the answers?

In this 8-week, 16 session seminar, mental health and spiritual care providers can learn an integrative approach to healing and wholeness by considering paradigms that are inclusive of the human being’s full spectrum of lived experience—body, mind, spirit, and heart. Here you will get comprehensive exposure to paradigms of human flourishing that integrate the riches of ancient wisdom with the findings of recent evidence-based discoveries.

Take this seminar as part of the Certificate in Mental Health and Spirituality, or by itself to earn continuing education credits (CEs) as you learn the paradigms of healing and wholeness. Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

LEARNING OBJECTIVES

At the conclusion of this course, the student will be able to:

- Increase awareness of the intersection of spirituality/religion and mental health/human flourishing
- Explore, learn and practice methods proposed by the paradigms to be effective in fostering healing and wholeness
- Discuss their own story in terms of psycho-spiritual development and the core themes of healing and wholeness
- Explain the fundamental concepts and practices of at least one paradigm that is most relevant to their context
- Apply this paradigm to their primary community of concern, congregation, or clientele
- Assess and articulate to others several key “practices” known to foster human flourishing
- Describe the process that scientists and other rationalists undergo when they face evidence of spiritual reality that’s outside the box of a materialist paradigm
- Explain why many traditions value the role of a spiritual teacher for those seeking healing and wholeness

MAJOR TOPICS

- Spiritually informed approaches to mental health and human flourishing
- Connections between body, mind, spirit and heart
- Diverse paradigms for healing and wholeness
- Methods for overcoming inner obstacles to healing and wholeness
- The power of love, compassion and forgiveness in healing divides
- Relationship between individual transformation and societal healing



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