



# Registration Form

Imaginative Contemplation and Interactive Guided Imagery in Clinical & Spiritual Practice  
**Friday, March 22, 2019**  
 Registration due by March 12, 2019

NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

I am enclosing payment to the Sisters of St. Joseph of:

\$10 (non-refundable deposit required)

OR

\$100 full payment (includes lunch)

\$30 additional fee for Continuing Education Credits for social workers, LPCs, LMFTs, psychologists, nurses and NCC counselors

I request Continuing Education Credits:

Social Worker     LPC

LMFT     Psychologist

Nurse     NCC Counselor  
 NCC# \_\_\_\_\_

I have the following special needs:


\_\_\_\_\_

You can register by:

**MAIL:** Send form and check to  
**St. Joseph Spirituality Center**, Registration Coordinator  
 1020 State Street, Baden, PA 15005

**ONLINE:** Make a secure credit card payment at  
<https://imaginativecontemplation.eventbrite.com>

**PHONE:** 724-869-6587



## Continuing Education Credits are available for:

- Social Workers
- Nurses
- NCC Counselors
- LMFTs
- LPCs
- Psychologists

### Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists

Six credit hours of continuing education is provided through co-sponsorship of the University of Pittsburgh School of Social Work, a PA-approved provider of social work continuing education. These clock hours satisfy requirements for LSW, LCSW, LPC, and LMFT renewal. For information on social work continuing education, call (412) 624-3711.

### Psychologists

This program is co-sponsored by Western Psychiatric Institute and Clinic and St. Joseph Spirituality Center. Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for this program and its contents. This program is being offered for 6.0 Continuing Education Credits.

### Counselors

Western Psychiatric Institute and Clinic is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. This program is being offered for 6.0 Continuing Education Credits.

### Other Health Care Professionals

Other health care professionals are awarded 0.6 Continuing Education Units (CEUs), which are equivalent to six contact hours.

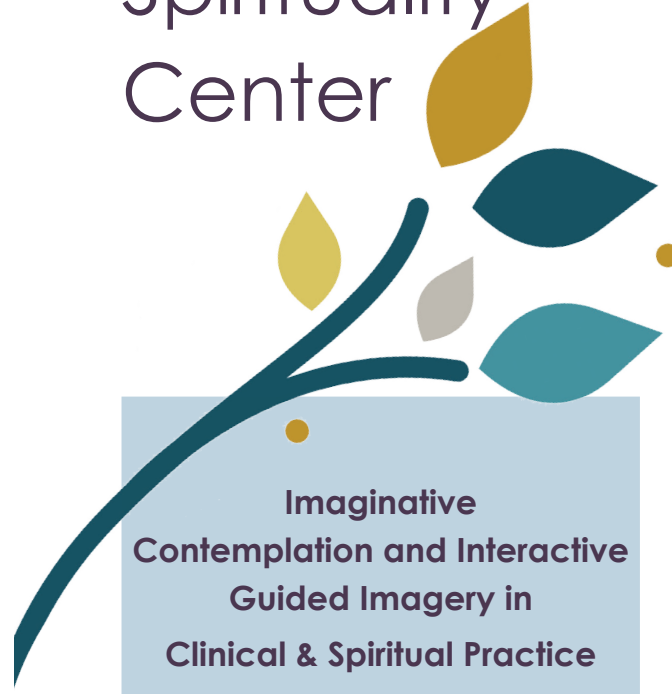
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*Baden Pennsylvania*

1020 State Street • Baden, PA 15005



# St. Joseph Spirituality Center



## Imaginative Contemplation and Interactive Guided Imagery in Clinical & Spiritual Practice

A continuing education workshop for mental health care professionals

Friday, March 22, 2019  
 9:30 a.m. – 4:30 p.m.

### Presented by

Martha A. Robbins, Th.D.  
 at St. Joseph Spirituality Center  
 1020 State Street Baden, PA 15005

### Co-sponsored by

St. Joseph Spirituality Center  
 Western Psychiatric Institute and Clinic, UPMC  
 School of Social Work, University of Pittsburgh

## Imaginative Contemplation and Interactive Guided Imagery in Clinical & Spiritual Practice

Friday, March 22, 2019

Most styles of meditation used in clinical settings and practice encourage non-attachment to images, feelings, thoughts and desires. Imaginative contemplation, a lesser-known meditative or contemplative practice, encourages participation in sacred narratives, metaphors, symbols, and images in ways that often promote powerful psychological and spiritual differentiations and integration. This workshop will describe and explore various ways of engaging in imaginative contemplation and interactive guided imagery and discuss their spiritual and clinical benefits and potential risks.

### Objectives:

At the end of this workshop, participants will be able to:

1. Describe various forms and practices of *imaginative contemplation* within a spiritual tradition
2. Participate experientially in at least two forms of *imaginative contemplation* and one form of *guided imagery* in order to distinguish their similarities and differences
3. Examine and discuss the use of *interactive guided imagery* in a clinical case study
4. Explore spiritual and clinical benefits as well as potential risks in the use of *imaginative contemplation*, *guided imagery*, and *interactive guided imagery* within therapeutic settings and as complementary to therapy

### Schedule:

- 9:30 a.m. Opening contemplative imagination practice
- 9:45 a.m. Purposes and practices of *imaginative contemplation* within several spiritual traditions: Definitions, descriptions, and differentiation
- 10:30 a.m. Break
- 10:45 a.m. A method for and an engagement with *imaginative contemplation*
- 11:30 a.m. Clinical explorations of benefits, risks, and counter-indications
- 12:30 p.m. Lunch** and round table discussion with reflection questions
- 1:30 p.m. *Guided imagery* and *interactive guided imagery* in therapy: Definitions, descriptions, and differentiation
- 1:45 p.m. Presentation and discussion of a clinical case study using *interactive guided imagery*
- 3:15 p.m. Stand up and stretch.
- 3:20 p.m. Encountering inner wisdom through *guided imagery*: Experiential exercise followed by discussion
- 4:00 p.m. Evaluations and dismissal

### Mission

As a ministry of the Sisters of St. Joseph of Baden, St. Joseph Spirituality Center welcomes all people seeking a deeper and more profound love of God and neighbor by providing an environment of prayer, hospitality and community.

### Directions

We are located at the Motherhouse of the Sisters of St. Joseph of Baden, just off Route 65 along the Ohio River. We are approximately 20 miles northwest of downtown Pittsburgh. If using GPS, we recommend using: 1020 W. State Street, Baden, PA 15005.

### Visit Us Online

[www.stjoseph-baden.org](http://www.stjoseph-baden.org)

Our full brochure of programs and retreats can be viewed on the Spirituality Center section of our website under the What We Do tab. Our website calendar also highlights upcoming programs.

### Contact Us

Kathy Fletcher Wray  
Director, St. Joseph Spirituality Center  
724-869-6585  
[kwray@stjoseph-baden.org](mailto:kwray@stjoseph-baden.org)

### Registration Questions

724-869-6587  
[spiritcenter@stjoseph-baden.org](mailto:spiritcenter@stjoseph-baden.org)



## About the Speaker

Martha A. Robbins is the founder and director of Pneuma Institute LLC, an ecumenical organization that offers formation, enrichment, and training programs in spiritual direction and spiritual leadership and the Joan Marshall Associate Professor Emerita of Pastoral Care at Pittsburgh Theological Seminary. A graduate of Maryville University (B.A.), St. Louis University (M.A.), and Harvard University (Th.D.), she is also a licensed clinical psychologist, spiritual director, and retreat leader.

Dr. Robbins has lectured and given workshops and retreats in Israel, Australia, New Zealand, Brazil, Ghana, France, and Canada as well as the United States. As a licensed psychologist, she has worked in a number of counseling settings including The Cambridge Hospital at Harvard Medical School and the Family Centre in Lower Hutt, New Zealand.

Dr. Robbins is the author of published poems, numerous articles, book chapters, and a book, *Midlife Women and Death of Mother: A Study of Psycho-historical and Spiritual Transformation*. She authored a series of professional CDs, *Guided Meditations on Sacred Scripture* to help others engage in contemplative prayer practices.

### Register Online

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