

COLLEGE OF ST.CATHERINE AND
THE UNIVERSITY OF ST. THOMAS
SCHOOL OF SOCIAL WORK
MSW PROGRAM

SYLLABUS

I. COURSE TITLE: GRSW 619 01
INTEGRATIVE PSYCHOTHERAPY
Summer Session I 2008

May 29th -July 3rd, 2008

Class starts Thursday, May 29th

Saturday May 31st daylong class retreat

- Tuesdays, 5:30-9:00pm: June 3, June 10, June 19. July 1.
- Thursdays 5:30-9:00pm: May 29, June 5, June 17, June 24, July 3
- Saturday, 9:00 am – 5:00pm: May 31

Location: SCB #329 Tues & Thur classes

McNeely Building #100 Saturday class retreat day

COURSE VALUE: Three Semester Credits

INSTRUCTOR: Merrra Young, MSW, LICSW, LMFT

REQUIRED TEXTS: *Minding the Body, Mending the Mind*
Joan Boreysenko, Ph.D.

Mindfulness in Plain English 2nd edition

Bhante Henapola Gunaratana

(alternative text: Lovingkindness: the Art of
Happiness, Sharon Salzberg)

II. COURSE DESCRIPTION:

This is an experiential “hands-on” seminar-style course. Be prepared to participate and engage both during and outside of class in course activities and practices. There will be exciting guest presenters and retreat time. The course introduces and demonstrates an integrative psychotherapy model using a bio/psycho-spiritual perspective as applied to clinical social work practice. This holistic model is based on Mindfulness Meditation, Buddhist Psychology and Transpersonal Psychology. Integrative psychotherapy draws from a range of

expressive/healing arts including art therapy, movement therapy, body-centered healing approaches, and relaxation training. Through both theoretical and experiential perspectives, students will learn effective and appropriate applications of integrative processes in clinical work with individuals, couples, families and groups. Integrative therapy with diverse mental health issues and client populations will be taught through case examples, classroom activities, discussion and assignments. A strong ethical foundation for practice, including the definition of therapist role within this empowerment model, will be emphasized and established throughout the course.

III. COURSE OBJECTIVES

Upon completion of this course, students will have attained the following knowledge and skills:

A. Knowledge of:

1. The interrelationship of bio/psycho-social/spiritual integration to mental and physical health and well-being.
2. Introductory level theory and skills for a variety of creative, body-oriented and spiritual approaches to psychotherapy including guided imagery, art therapy, movement therapy, body awareness, meditation, yoga, therapeutic bodywork, ritual and other expressive and healing arts.
3. The art of social work practice considerations in integrative psychotherapeutic approaches, the use of the Self, and intuitive processes.
4. The principles of ethical practice as developed through integrative psychotherapy as related to social work ethical standards.
5. Integrative psychotherapy as an empowerment model, and the role of the therapist within the model.
6. The dynamics of transformational change processes within the integrative psychotherapy model.
7. The therapeutic foundations of integrative psychotherapy and how it interfaces with eastern and western psychology.
8. The impact of stress-related disorders and pressures on individual and family life and effective interventions.
9. The far-reaching impact of body/mind/spirit integration on human consciousness and its potential to impact society on a global scale.

B. Skills For:

1. Applying integrative psychotherapeutic approaches at an introductory level (such as non-verbal activities and guided imagery) with individual and groups.
2. Using body-based methods for assessment and intervention, such as “centering” and pacing with clients, and using the therapist’s own body cues for information about the client processes.
3. Empowering clients by reframing their clinical issues and the therapeutic process through the integrative model.
4. Designing and implementing stress management skills using principles and techniques of body/mind/spirit integration.
5. Applying integrative psychotherapy with specific client populations with special attention to the contraindications and cautions related to those populations and their issues, such as: post-traumatic stress disorder (incest, sexual, physical and other abuse histories), eating disorders, relationship issues, depression, anxiety, grief and loss, chronic illness, life transitions, death and dying, stress-related disorders, women’s issues and others.
6. Assessing and “timing” the introduction of integrative approaches in clinical work.
7. Applying body/mind/spirit integration as an agent of social responsibility and change for our environment and human community on a global level.

To achieve these objectives, students will participate in learning labs which include role plays in dyads and small groups; didactic presentation; writing assignments; case discussion.

IV. COURSE CONTENT:

A. Overview of Integrative Psychotherapy Model as a resource in clinical social work practice.

1. Theoretical framework; definitions and approaches toward human development, growth healing and change.
 - a. transpersonal psychology
 - b. other holistic and body-centered schools of transformation
 - c. east/west psychotherapy and transpersonal psychology

d. guided imagery, ritual, expressive/creative arts, body awareness, sound, etc.

2. The Medical Model
 3. Objectives of the Integrative Model
 - a. modes of intervention/techniques
 - b. the therapeutic process - role of the therapist
 4. Ethics
 5. Benefits
- B. Developing the therapist's role
1. Elements of the therapist's role
 - a. anchoring in the body - "centering"
 - b. open attention
 - c. breath awareness and pacing with clients
 - d. therapists as "midwife"
 2. Skill building
 - a. practice labs in dyads
 - b. experiential exercises
 3. Ethical issues - continuing discussion
- C. Criteria and strategies for introducing Integrative Psychotherapy model into the therapeutic process (with individuals)
1. Assessment process - contraindication/precautions and clients most likely to benefit
- D. Approaches to stress management
1. Impact of stress on individual, family, and societal life
 - a. signs and symptomology of stress and stress-related disorders
 - b. body/mind/spirit approaches for the alleviation and prevention of stress
 - (1) case examples in clinical practice
 - (2) prevention of professional burnout
 - (a) therapist self-care
 - (b) role of self-care strategies in maintaining ethical boundaries
 2. Experiential component
 - a. practice guiding systematic relaxation

- b. body/mind awareness practices
- E. Use of the Guided imagery, creative expression, and guided meditations
 - a. Joan Borysenko
 - b. Steven Levine
 - c. Lucia Cappacione
- F. Integrative Psychotherapy and the use of ritual as applied to group work
 - 1. Approaches and techniques for the development of trust and safety
 - a. The role of ritual in creating a sacred container
 - b. Opening/bonding rituals - altar making
 - (1) introduction through personal symbols
 - (2) toning, voice/sound work
 - 2. Further exploration from the repertoire of rituals in addressing therapeutic issues
 - a. Types of rituals - nurturance, transforming grief and rage, letting go, marking transitions/life passages, celebrations
 - b. Closing rituals - for ending individual groups and final closure
 - 3. The Birthing Ourselves Programs as a model
- G. Movement therapy
 - 1. May include guest presentations - Yoga, Kinetic Awareness, Authentic Movement, Continuum Movement, Body-Mind Centering, Dance Therapy
- H. The role of therapeutic bodywork and appropriate safe touch
- I. Application of Integrative Psychotherapy to work with diverse clinical populations
- J. Discussion of case examples: application of Integrative Psychotherapy to work with a range of clinical issues including:
 - Post-traumatic stress disorder (incest/abuse)
 - Depression
 - Anxiety
 - Grief/loss and death/dying
 - relationship issues
 - Life transitions/existential issues
 - Eating Disorders/addictions/compulsive behaviors
 - Other issues (infertility, domestic abuse, etc.)

- K. Continued discussion on the broader implications and impact of this model on societal change
- L. Presentations
- M. Complete presentations - closing class ritual/celebration

V. EVALUATION & GRADING:

1. Journal, Emotional Checklist, and Daily Practice Record: Grade 40%

Due: July 1

Students are required to keep a reflective journal; this includes a daily record of daily practice experiences. Also, describe new awareness' from class, learning groups, private sessions and other experiences as they integrate course content with readings texts, etc. into their learning process. Use as your personal log for reflections and other sharing welcome, it is your journal. Keep your emotional checklists. Includes a. and b. listed below:

a. Daily Practice*:

Self-guided or taped relaxation exercise 5 + minutes per day.

And establish a daily meditation practice commitment of 20-30 minutes per day minimum.

NOTE: Students may take the 1st couple weeks to build up their daily practice time. They may also divide practices into set a.m. and p.m. times as fits their schedule. Personal daily practice options and daily practice guidelines will be presented in class.

*Practice leading guided relaxation exercises with others (i.e. friends, partners, children, other students, clients) as often as you can – Practice with others outside of class: minimum 1-2 times. Keep record of experience in journal.

b. Keep Emotional Checklists daily- minimum 3xs weekly record.

Turn Meditation practice record and emotional checklists with Journal.

2. One Individual Learning Project – paper is on your presentation/project

Topical Presentation: Grade 25% **Paper and Presentation Due: June 26-30th**

individual written report on specific area of study/exploration. Recommend that students select 2-3 choices - subject to change as the # of students limited to each topic area.

1. Students may choose to give presentations of their individual experiences with a partner on a similar topic. Plan to meet/talk as needed outside of class ,if partnering on a topic (for example: attending a yoga class) as needed.

NOTE: Class presentations - 15 minutes in length with 5-10 minutes for discussion and feedback.

Your presentation is based on one private individual sessions or participation in a class. Must select topic area that is New to you.

See Practitioner's List, Resource List of Centers, or other upon instructor approval.

3. One page Integrative Applications Therapy Plan with case example/or client. Grade 15%

4. Active Class Participation, Attendance* and student led guided meditations: Grade 20%

Due to the experiential and intensive format of this course attendance is of primary importance.

Includes being preparing and participating with questions for class discussions, guest presenters, group presentations. Volunteer to lead guided meditation and /or give feedback.

Students who miss any class Must arrange with the instructor for make-up assignment /activity. Students who miss more than 2 classes may not receive credit course.

5. Read Required Texts: required and Handouts.

Borysenko, Gunaratana, Salzberg. (Grade included in journaling and class participation in text discussion...)

6. Optional: Keep a record of any additional information in the form of an annotated bibliography of books, articles, magazines, you come across during your learning project/paper, information interviews. Turn in with journals. Share with classmates.

Also record and make note of audio-visual materials as well.

Sample Topic Areas: for Collaborative Learning Groups and Individual Study/Papers

Meditation/Meditative Movement Disciplines (Mindfulness, yoga, tai chi, gigong, walking meditation)

Stress Management/Time Shifting

Somatic Schools (Alexander, Feldenkrais, Kinetic Awareness)

Movement Therapy/Dance Therapy (Authentic Movement, others)

Expressive and Creative Arts (Art therapy, journaling, ritual)

Body Work/Healing Modalities

Body-centered Psychotherapy

Specific Applications for individual, couples, or group work with specific populations and mental health issues

- Eating Disorders
- PTSD
- Depression
- Grief and loss
- Life transition
- Addictions

- Anxiety
- Chronic and acute illnesses

for

- Children
- Adolescents
- Elderly
- Adults
- Women
- Men

Primary Teaching Style:

This course will be taught as an intensive seminar. It will primarily be run as a group experience. This approach will help provide a working model and experiential learning laboratory for the course content. Your active participation is crucial both in class and in out of class assignments; in order to benefit the most in your skill building and developing an experiential knowledge base. There will be dynamic guest presenters and demonstrations, a few didactic presentations and small group/dyad work.

ATTENTION STUDENTS:

Please wear comfortable clothing. Please come prepared to move, to make sound, lie down on the floor, take off shoes, for relaxation and guided imagery exercises. Please bring a blanket and cushion for your comfort, as well as art materials and journal (drawing paper/pad, markers, craypas or crayons). Some blankets and art supplies will be provided.

DISABILITY STATEMENT:

Classroom accommodations will be provided for qualified students with documented disabilities. Students are required to contact the Enhancement Program at the University of St. Thomas and Resources for Disabilities at the College of St. Catherine about accommodations for their courses within the first two weeks of the term. Appointments can be made at the Enhancement Program by calling 651-962-6315 or the Resources for Disabilities office at 651-690-6563. For further information you can locate the Enhancement Program on the web at <http://www.stthomas.edu/enhancementprog/> Resources for Disabilities at <http://minerva.stkate.edu/offices/academic/oneill.nsf>.

VI. COURSE SCHEDULE:

Date: **May 29th, 5:30-9:00pm**

Class: #1

Overview of course, theoretical frameworks and introduction ritual

Date: **May 31st 1, 9:00 am-5:00pm** (daylong retreat)

Class: # 2

Mindfulness meditation practices, guided movement and imagery,
Guest Presenter: Art Therapy. Sharing symbols ritual,
video /dvd, applications of mindfulness.

Date: **June 3, 5:30-9:00pm**

Class: # 3

Buddhist Psychology & Emotional Healing: Loving-kindness , Compassion,
Empathetic Joy and Equanimity, Boundaries, small group/dyad practice.

Date: **June 5, 5:30-9:00pm**

Class: # 4

Meditation. Guest presenters: #1 Gratitude practice. #2 Rosen Work

Date: **June 10, 5:30-9:00pm**

Class: # 5

Guest Presenter: Animal assisted therapy (possibility of field trip?)

Date: **June 17 5:30-9:00pm**

Class: # 6

Applications, Meditation & Text discussion. Body-centered psychotherapy demo.
Begin Student presentations.(1-2 /tba ?)

Classes : Dates: 6/19 ,6/24, 7/1, 7/3 5:30-9:00pm

#7 Student Class Presentations: June 19 (5-6 presentations),

#8 June 24 5-6) ,

#9 July 1st (5-6)

#10 July 3rd (1- 3 presentations) Closing ritual.

July 1st: Journals and Emotional Checklists Due

July 3rd or before: Experiential Papers and Tx Plans due

RESOURCE LIST:

BOOKS

Bainbridge-Cohen, Bonnie. *Sensing, Feeling*

Baldwin, Christina. *Life's Companion: Journal Writing as a Spiritual Quest*; Bantam Books

Benson, Hubert. *The Relaxation Response*; Avon Books

Berstein, Carol and Bertherat, Therese. *The Body Has Its Reasons*

Bly, Robert. *Iron John*; Addison-Wesley

Borysenko, Joan, Ph.D. *Guilt is the Teacher, Love is the Lesson*; Warner Books
Minding the Body, Mending the Mind; Bantam Books

Caldwell, Christine. *Getting Our Bodies Back*

Cameron, Julia. *The Artist's Way, a Spiritual Path to Higher Creativity*

Capacchione, Lucia, MA. *The Well Being Journal*

Chodron, Pema. *The Wisdom of No Escape and the Path of Loving Kindness*

Chodron, Pema. *When Things Fall Apart*

Couch, Jean. *The Runners World Yoga Book*

Delattre, Susan & Halcoran, Sue. *The Woman Who Lost Her Heart*

Durek, Judith. *Circle of Stones*

Gwain, Shakti. *Creative Visualization*; Bantam Books

Goldberg, Natalie. *The Long Quest Highway*
Writing Down the Bones

Gunaratana, Bhante. *Mindfulness in Plain English*

Hahn Tich, Ntat. *Peace in Every Step: The Path of Mindfulness in Everyday Life*; Bantam Books

Hendricks, Harville, Ph.D. *Getting the Love You Want: A Guide for Couples*

Iyengar, BKS. *Light on Yoga*

Joko Beck, Charlotte. *Everyday Zen, Love and Work*

Kabat-Zinn, Jon, Ph.D. *Full Catastrophe Living*
Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life

Kornfield, Jack. *A Path with Heart*

Kurtz, Ron, Johansen, Greg. *The Tao te Ching, Grace Unfolding*

Levine, Stephen. *A Gradual Awakening; Healing into Life and Death; Collection of Meditations*

Levine, S. & O. *Embracing the Beloved.*

Martin, Philip. *The Zen Path Through Depression*

Mehhta, Silva. *Yoga the Iyengar Way*

Olson, Andrea. *Body Stories*

Pinkola Estes, Clarissa, Ph.D. *Women Who Run with the Wolves*; Balentine Books

Salzburg, Sharon. *The Art of Loving Kindness.*

Seigel, Bernie, MD. *Love, Medicine and Miracles*; Bantam Books

Thiss, Thomas. *The How-To-Be-Book*

Welwood, John, Ph.D. *Journey of the Heart, Intimate Relationships and the Path of Love*

MUSIC

Deep Relaxation (A lesson in visualization techniques that help you enter a tension free state. Available through Harper Collins (211) 313-3761).

Earth Spirit Nakai (flute).

Environmental Tapes (A series of environmental sounds: Slow Ocean, Heartbeat, etc. Available through Syntonic Research Inc., New York, NY).

Exploring the Heart of Healing (A series lectures and guided meditations, various topics and teachers. Available through The Access Group (415) 883-6111).

Fairy Ring Mike Rowland (instrumental).

Gratitude Kim Robertson and Virginia Moran (cello and harp).

Sounds of Nature (Four cassettes, 90 minutes each: Ocean Waves, Forest Sounds, Gentle Rain, Creek in the Forest. Available through the Center for Marine Conservation, Old Saybrook, CT; (800) 227-1929).

Spirit Wind Richard Warner (alto and bamboo flute).

INSTITUTES/CENTERS

American Imagery Institute

(Offers a wide selection of tapes, books, and workshops)

PO Box 13453

Milwaukee, WI 53213

(414) 781-4045

Common Ground Meditation Center

3400 E. 26th Street

Minneapolis, MN

(612) 722-8260

(classes, open sitting periods)

commongroundmeditation.org

Minnesota Zen Meditation Center

Zoto Zen Practice

3343 East Calhoun Parkway

Minneapolis, MN 55408

(612) 822-5351

Clouds In Water Zen Center

Prince Street

St. Paul, MN

Mindroads Center for Spirituality

2046 St. Clair Ave.

St. Paul, MN 55105

651-208-0749

www.mindroads.com

Twin Cities Vipassana Collective (TCVC)

P.O. Box 14683, Mpls., MN 55414

(sponsors residential retreats and publishes a newsletter)

Center for Mindful Living /Compassionate Ocean Dharma Center
3206 Holmes Ave., Mpls., MN 55408
612-825-7658

Pathways-A Health Resource Center
3115 Hennepin Ave. S., Mpls., MN 55408
612-822-9061

Minneapolis Yoga Workshop
minneapolisyogaworkshop.com
3359 Ave. S. Mpls., MN 55406

St. Paul Yoga Center
1162 Selby Ave., St. Paul, Mn 55104
651-644-7141

Powderhorn Wellness & Cultural Health Practices Center
1527 East Lake St., Minneapolis, MN

Three Smooth Stones
Touch for Peace A Center for Holistic Health
612-729-9549

Center for Spirituality and Healing
University of MN, Academic Health
612-624-5166

Abbott Northwestern Health and Healing Center
Mpls.MN

Agape Sanctuary
Lisa Venable
612-871-9220

Seeds of Mindfulness
Heartwood Mindfulness Practice Center
3706 E. 34th St.
Mpls. MN 55406
Mindfulness-based Stress Reduction
(Judith Lies)

612 343-1623

Rivers' Way Meditation Center ~ a mindfulness meditation and psychotherapy center,
2637 27th Ave. S.#201
Mpls., MN 55406
612-253-5133
(Merra Young,LICSW,LMFT)
Integrative psychotherapy, supervision & consultation,
Mindfulness Meditation practice groups, retreats, spirituality support groups
www.riverswaymeditation.net

Kaia Svien
Mindfulness-Based Stress Reduction
612-722-2550

Shambala Meditation Center
Mpls,MN
(Tibetan Buddhist)

MIndroads Meditation Center
St. Paul ,MN
(Terese Jacobs-Stewart)

Minesota Sakya Center
Contact: Silvia Yueh 763-553-0187
(Tibetan Buddhist)

Wisdom Ways, a resource center for spirituality
College of St. Catherine/ Sisters of St. Joseph of Carondelet
651-690-6962

Clouds in Water Zen Center
308 Prince St., St. Paul, MN 55101
651-222-6968

White Lotus
Buddhist priest, meditation classes etc.
Judith Ragir 651-433-1002
www.whitelotusragir.org

Spring Forest Qigong Healing Center
Master Chunyi Lin and practioners 763-593-5555
Eden Prarie,MN

Thich Nhat Hanh Sangha 612-724-8168

The Contium Center
P.O Box 300168

Mpls., MN 55405
612-374-4948

OTHER:

The Marsh
Highway 7
Minnetonka, MN
(612) 935-2202
(A wholistic health and fitness center, offering classes, workshops, etc.
meditation, mind/body approaches to health).

RETREAT CENTERS:

Clares Well
Annandale, MN
(1) 274-3512

The ARC
Cambridge, MN
689-3540

Dwelling in the Woods
McGraff, MN
(1) 529-3708

The Christine Center
Willard, WI
715-267-7507

National Meditation Retreat Centers:

Spirit Rock Meditation Center
Woodacre, CA

Insight Meditation Society
Barre, MA

RITUAL RESOURCE LIST:

BOOKS:

Beck and Metrik *The Art of Ritual*; Celestial Arts

Hyde, Lewis. *The gift: Imagination and the Erotic Life of Property*; Vintage

Imber-Black, Evan, Ph.D. & Roberts, Janine, Ed.D. *Rituals for Our Times: Celebrating, healing, and Changing Our Lives and Our Relationships*; Harper Collins

Mariechild, Diane. *Mother Wit: A Feminist Guide to Psychic Development*; Crossing Press

Pinkola Estes, Clarissa, Ph.D. *Women Who Run with the Wolves*; Ballantine Books

Meade, Michael. *Men and the Water of Life: Initiation and the Tempering of Men*; Harper San Francisco

Some, Malidoma Patrice. *Of Water and the Spirit: Ritual, magic, and Initiation in the Life of an African Shaman*; Tarcher/Putnam

Starhawk. *Spiral Dance: A Rebirth of the Ancient Religion of the Great Goddess*; Harper & Row
Truth or Dare, Harper & Row

Walker, Barbara. *The Woman's Dictionary of Symbols & Sacred Objects*; Harper Collins

Wolkenstein, Diane & Kramer, Samuel Noeh. *Innanna: Queen of Heaven and Earth, Her Stories and Hymns From Summer*; Harper & Row

TAPES:

A Total Drum Experience Earth Tribe Rhythms

Libana A Circle is Cast and Fire Within

Roth, Gabrielle and the Mirrors Totem, Ritual, Initiation, Bones and Waves

Thiel, Lisa Songs of the Spirit, Prayers for the Planet, and Songs of Transformation

OTHER:

Nobel, Vicki. *Motherpiece: A Way to the Goddess through Myth, Art and Tarot*

Sams, Jamie & Carson, David. *Medicine Cards*; Bear & Company

Women's Press Bookstore
771 Raymond Avenue
St. Paul, MN
646-3968

ORGANIZATIONS:

The Society for Spirituality and Social Work
School of Social Work
University of Nebraska at Omaha
Omaha, NE 68182-0001

PRACTITIONER RESOURCE LIST

Movement Therapy:

Margie Fagnoli Body Mind Centering	(763)856-0987
Suzanne River Body Mind Centering _ School for Body-Mind Centering	(651)257-8697 (413)256-8615
Practitioners - children, adolescents & adults	
Marlee Hardenberg, Registered Dance Therapist Dance Therapy & other movement styles	(612)788-2349
Babette Lightner: Movement practioners David Gorman's work	(612)729-7127
Elizabeth Garren :Gorman movement/ Alexander	(612)375-9142
Lorna Sinclair Wood Authentic Movement, Bartineff Movement and other modalities.	612-871-9563
Barbara Loeb, Registered Dance Therapist Authentic Movement, Dance Therapy, other	(612) 925-5277
Cat Burns Body Mind Centering_ Specializing in pre-natal & post natal classes	(612)339-4097
Maria Genne Spirit Weaving Dance Studio	(952)927-7864
Carole Baker, Yoga Teacher Specialty - women in mid-life classes	(612)377-3965
kj Movement Certified Trager Practioner, Contium Movement interfaith reverand	(612)871-1330

Marjorie Huebner 612-338-5353
Bodywork, authentic movement
Rosen method

Michael Gardos-Reid 612-788-1822
Authentic Movement, ADTMR

(Other bodywork, movement practitioners resources available upon request)

Meditation/Body-Centered Therapy and /or Spiritual Direction

Joen Synder O'Neal & Michael O'Neal (612)825-7658
Mindfulness Meditation Classes, Center for Mindful Living

Fran Zimmerman, CP (952)545-9310
Body-centered therapy, spiritual direction

Loring Mindfulness and Psychotherapy Center:
Willow Street, Mpls, MN.

:

Susan Bourgerie, L.P.
Mindfulness-based psychotherapy, groups etc.
Naikan and Morita Japanese Therapies

Sandy Kosse, L.P.
Mindfulness therapy, Imago couples therapy...

Jeffery Jeanetta-Wark, LICSW 651-698-0768
Center for Integrated Well-being

Ann Scott Dumas, MSW at Deep River (612) 729-9869
Certified body-centered psychotherapist

John Huffaker, L.P. (612)377-1568
Psychologist; Vital contact-body/mind/spirit
practice, consultation
Personal coaching

Laura Lucas Silvas, MA (952)922-2166
Hakomi psychotherapy

Mia Bolte Buddhist inspired, Hakomi psychotherapy	612-701-2027
Alice Meadow Bodymindspirit therapy, imagery ...	952-474-0402
Nancy Ruppenthal Family theater	(612) 789-2653
Mary Palmer Psychodrama, PTSD healing	(651)645-2638
Linda Perry Educational Kinesiology, Touch for Health Whole Brain Shop	(651)644-8529
Mary Morrow Laughing Cobra Yoga (classes) Phoenix Rising Yoga Therapy	
Ritual: Ellen Hufschmidt, ritualist, process facilitator Rituals for facilitating change and healing; individual,	(612) 721-1021
Voicework: Marilyn Habermas-Scher Teacher Performance artist (Finding your body's voice)	952—259-1468
Bodywork/Energy Healing: Fran Zimmerman, L.P. Body-centered psychotherapy, psychologist	(952)545-9310
Kathy Bailey, LICSW body-centered psychotherapist; Art Journaling	(612)870-6127
Steve Compton Traditional Asian Medicine/Acupuncture....	612-721-1658
Ellen Hufschmidt Reiki master/ healing	612-729-6817
Chi Fields Ruth Elaine Hane Reiki energy & healing work	(612) 825-1337
Nancy Saslow	(952)-930-9624

Energy body work

Nancy Graden

Massage therapy

612-721-2682

Northern Lights Massage School

Mpls. School of Massage

Judy Steel

Huna and Energy psychology

952-920-8962

(Other bodywork resources available upon request)

River Path Clinic

Steve Comptons & Assoc.

Traditional Asian Medicine: Acupuncture, Shiatsu

612-721-1658

Art Therapy:

Sandra Self, dollmaker, artist

Dollmaking from our inner selves; classes,
salons, individuals

651-227-8804

Dianne Meixner, LICSW, LMFT

registered art therapist /emdr

651-287-0846

Minnesota Art Therapist Assoc.

Music:

Alice

Anna Vasquez, musician

Music & yoga

(651)487-5073

Astrology

Pat Kaluza

612-724-4128

Audio CD – Casette

Dharma Seed Catalog

dharmaseed.org
Dharmastream.org
800-969-7333

Inquiring Mind

Meditation Magazine

Bibliography

Adcock, C. (1987). Massage therapy in alcohol and drug treatment. *Alcohol Treatment Quarterly*, 4 (3), 87-101.

Aitkin, Robert & Steindl-Rast, David (1994). *The ground we share*. Shambala Publications

Atwood, J. & Maltin, L. (1991). Putting Eastern philosophies into Western psychotherapies. *American Journal of Psychotherapy*, 45 (3), 368-382.

Baldwin, M. & Satir, V. (1987). *The use of self therapy*. New York: The Haworth Press.

Barasch, Marc. (1993). Welcome to the mind-body revolution. *Psychology Today*, July/August 58-94.

Barnett, K. (1972). *Cited in Ebersole and Hess*

Baum, E. & Sterner, S. (1988). *Bioenergetics: Health as more than the freedom from disease. Psychotherapy and the Somatizing Patient*. Hawarth Press, Inc.

Berg, Bruce. (1989). *Qualitative research methods for the social sciences*. Massachusetts: Allyn and Bacon.

Bogart, G. (1991). The use of meditation in psychotherapy: A review of the literature. *American Journal of Psychotherapy*, 45 (3), 383-412.

Boorstein, Sylvia. *It's easier than you think*. San Francisco: Harper.

Bowlby, J. (1967). *Maternal care and mental health*. New York: Schocken Books.

Borysenko, J. (1993). *Fire in the soul: a new psychology of spiritual optimism*. New York: Warner Books.

Borysenko, J. (1989). *Minding the body, mending the mind*. New York: Bantam Books.

Bausch, Sherry. (1994). *The use of bodywork in psychotherapy and its impact*. An unpublished graduate paper, College of St. Catherine/University of St. Thomas, St. Paul, Minnesota.

Bradley, Doreen. (1987). Energy fields: Implications for nurses. *Journal of Holistic Nursing*, 5 (1).

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