

Workshop # 1

#1A ARCA™

Awareness*Responsibility*Choice*Action

Personal growth through relationships

This workshop will teach the 4-part ARCA™ system designed to resolve unavoidable problems and eliminate stress in the process. Participants will be invited to offer personal examples, to which the presenter will apply the ARCA™ technique.

Sharon Bussell LCSW, is a holistic psychotherapist in private practice, a certified Reiki practitioner, and family therapist. She has developed the ARCA™ technique as a holistic conflict resolution model to use with individuals, couples, families, and larger groups. srbuss@aol.com

#1B Introduction to the Chakras

The sages of the East believed that there are seven centers or “chakras” operating within everyone that draw and process the energies that manifest both the world around us and the world within. Understand how these energies influence your world and write the script of your mind.

Ramaa Krishnan, teacher and founder of the Full Bloomed Lotus Center for Self-Awareness, Wilmette, was born and raised in India. Having experienced the benefits of the ancient techniques from the land of her birth, she now shares her wisdom through her classes and workshops on related subjects. For more about her, visit www.fullbloomedlotus.com

#1C Meditation and Visualization

Seeing with our Eyes Closed

We can easily train ourselves to respond to the stresses of living from a place of calm centeredness. Our mind has a powerful effect on our body. Learn effective breathing techniques, to access deeper intuitive wisdom, and to manifest love, joy and peace. Come ready to receive.

Pamela Holtzman RN, LCSW is a psychotherapist in private practice in Buffalo Grove, IL. She is the creator of the Healthy Lifestyle Program (HLP) and The HLP Professional Training Program. www.pamelaholtzman.com

#1D Sacred Contracts:

A Tool for Reading your Soul's Compass

Using Caroline Myss's beautiful archetype cards, we will identify your 12 archetypal energies and begin to cast your Sacred Contract chart. Reading the chart will alert you to possibilities coming into your energy field and how best to work with them. Archetypal work is fun and engaging, and leads you to valuable new insights about your life's journey.

Heath Missner is a Spiritual Director and a Certified Archetypal Consultant. Heath has worked extensively with Caroline Myss and has taught Sacred Contract workshops. Heath also is a Postulant for Ordained Ministry as a Deacon in the Episcopal Church.

Workshop # 2

#2A Understand Yourself and Relationships Through the Lens of the Enneagram

The Enneagram (any-a-gram) is a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling and behaving. Discovering your Enneagram type can help you learn to bring positive changes into your life and relationships. Participants will get an opportunity to take an Enneagram test and witness the interview of the different types.

Antoinette Saunders, PhD and Harriet Porter, LCSW, have been practicing holistic psychotherapists for more than 30 years and have extensive training in the Enneagram including certification from Loyola. They are both co Directors of Transformations: The Institute for Psychological and Spiritual Development www.spiritualtransformations.org

#2B Journaling:

A Guide Book for the Journey

Learning to listen to your soul is the first step in learning to trust your soul as a guide for life's journey. Even if you have tried journaling before, this workshop might awaken your desire to listen to what your soul longs to tell you about where you are going, and how to get there.

Judi Geake, MS is director of the Women's Exchange in Winnetka, IL. She has used journaling as “soul conversation” for the past 25 years in her private life about where you are going, and how to get there. www.womens-exchange.org

Workshops continued inside.

Transformations

*The Institute for Psychological
And Spiritual Development*

Transformations is an educational organization developed in response to the growing interest in spirituality outside of traditional religious institutions. The Institute offers workshops and classes to the public as well as professionals. www.spiritualtransformations.org

Antoinette Saunders, PhD is a clinical psychologist, Spiritual Director and founder and co-director of Transformations. Antoinette is a lecturer and author who taught at the University of Illinois Medical School and founded and directed The Capable Kid Counseling Centers. She has been practicing in the field of psychology for more than 30 years.

Harriet Porter, LCSW is a licensed clinical social worker and co-director of Transformations. Harriet has worked in the area of mind/body/spirit integration for over 30 years. In addition to private practice Harriet is a popular lecturer on psychological and spiritual issues in the Chicago area.

North Shore Senior Center

The North Shore Senior Center, located in Northfield, Illinois was founded in 1956. It provides programs, services, and assistance to more than 38,000 older adults and family members annually in 23 communities. The Center offers over 100 weekly activities including classes, trips, discussion groups, arts and music, performing arts programs, volunteer opportunities and a variety of social services for both active adults and the more frail elderly living at home. The North Shore Senior Center was the first in Illinois and among the first eight nationally to be accredited by the National Institute of Senior Centers, a constituent unit of the National Council on Aging.

Additional Sponsors:

Westminster Place of Presbyterian Homes, Evanston, IL
Whitehall of Deerfield Healthcare Center, Deerfield, IL



Women and Spirituality Conference

*for adult women of all ages
and beliefs*



Transformations &

North Shore Senior Center

invite you to spend the day nourishing your Body, Mind and Spirit through workshops and a casual networking luncheon.
Now offering three workshops



March 21, 2009

8:30 AM to 3:15 PM

North Shore Senior Center

*161 Northfield Rd.
Northfield, IL 60093*

847-784-6030

www.nssc.org

#2C The Resilient Spirit:

Embracing change and living with uncertainty
Riding the waves during the ups and downs of life is an important challenge in the human drama. Crisis and change is unavoidable, it is a part of the souls journey. During this experiential workshop you will be guided through seven valuable lessons for prevailing during difficult times.

Judith Perlman, L.C.S.W. specializes in integral psychotherapy for individuals and groups. She has been a yoga instructor, is a second degree Reiki practioner, a certified hypnotherapist and integrates the best of both East and West into her private practice. Judith has published several articles and hosts www.forgivenessandhealth.com.
Web site www.judithperlman.com

#2D Grief Relief:

Surviving The Loss of Loved Ones

Through Meditation and imagery participants will learn how to communicate with loved ones that have passed on.

Deneene Florino has worked for many years as a Hospice Spiritual Care and Bereavement Counselor. She is coauthor of [Grief Relief and Continuing Relationships](#).
www.theangeltales.com

Workshop # 3

#3A Dancing Through Life

Our bodies are one of our most important tools in our Journey. Movement can be another path to self awareness. Join us for this session to quiet the mind and let the body take over and engage in joyous and integrated movement.

Christina Ernst, originally from Switzerland, has been active in the American dance scene as a choreographer, performer, and teacher since 1977. Christina is Co-Artistic Director of the Evanston Dance Ensemble and on the faculty of Evanston High School.

#3B Flower Essences:

Nature's Support to Balance the Emotional Field
These natural remedies are made from the pure energy of the flower right here in the Midwest, to support your energy to naturally balance Body, Mind and Spirit. Learn specific healing qualities of specific flowers that may already be in your garden! Utilize the pure vibration of the plant that can relieve stress, anxiety, depression, insomnia, and create greater health and well-being.

Deborah Werner, creator/founder of Earth, Wind & Flowers has been co-creating flower essences for over a decade, and has developed her line of Balancing Sprays TM. that are sold in spas and stores locally and nationwide. Her studies include energy anatomy, and catalyzing the holographic field. www.earthwindflowers.com

#3C Maximize the Human Experience:

Learn to Live Consciously Connected!

This workshop will help you to understand how you can consciously reconnect to subconscious patterns that are incongruent with what you choose to manifest in your body and life. By simplifying the complex connection of the body, mind, and spirit, you will see and experience the incredible effects that emotions play on our physiology, relationships, etc.

Cari Jacobson, DC, a Doctorate of Chiropractic and Holistic Physician at The Way To Optimal Health in Northbrook. She practices on all levels to help balance the body using over 14 different modalities, including: the Life Line Technique, Applied Kinesiology, Chinese Traditional Medicine, Total Body Modification, Neuro-Emotional Technique, Neuro-Linguistic Programming and EMDR.
www.beoptimal.com

#3D Spiritual Direction:

A Tool for the Journey

Throughout history women and men have found it helpful to use a focused conversation to help them identify the activity of the Sacred that is contained within daily life. At this workshop you will participate in an experiential model of spiritual direction. Input will be given on the history of spiritual direction, the reasons for its resurgence today, and practical suggestions for how you can participate in spiritual direction.

Lucy Abbott Tucker is the Co-Director of the Institute for Spiritual Leadership in Hyde Park. The Institute for Spiritual Leadership has been preparing individuals for the ministry of spiritual direction since 1974. Lucy has been on staff at the Institute for Spiritual Leadership since 1988. She is a writer and international presenter of programs involving spiritual direction and personal transformation.
www.spiritleader.org

#3E Soul Visioning™

Soul Visioning™ is a 7-step guided process that allows you to envision and create in holographic time your ideal future (where all potentials exist) in your work, relationships, health, finances and spirituality under the guidance of your higher soul wisdom. Take a guided journey, learn a simple energy balancing routine and be introduced to revolutionary tools to clear resistance from this life and past lives to manifesting your ideal future.

Susan Wisehart, MS, LMFT, CHt is a holistic psychotherapist and licensed Marriage and Family Therapist in private practice in Mundelein and Des Plaines. She is the author of **Soul Visioning™: Clear The Past, Create Your Future** (Llewellyn Worldwide). www.susanwisehart.com

Registration

Cost is \$75.00. Registration form enclosed. Mail-in, walk-in, or phone registration accepted. Please call North Shore Senior Center at 847-784-6030, with questions and refer to class number **N5891A**.

5 CEUs offered for: LSWs, LCSWs, LPCs, LCPCs. Register for \$15 on day of conference.

Print form at www.spiritualtransformations.org

8:30 - 9:00	Registration
9:00 - 9:30	Introduction, Opening Ritual
9:30 - 11:00	Workshop #1 A. ARCA B. Introduction to Chakras C. Meditation & Visualization D. Sacred Contract
11:00 - 12:30	Workshop #2 A. Enneagram B. Grief Relief C. Journaling D. Resilient Spirit
12:30 - 1:30	Informal Networking Lunch
1:30 - 3:00	Workshop #3 A. Dancing Through Life B. Flower Essences C. Maximize Human Experience D. Spiritual Direction E. Soul Visioning™
3:00 - 3:15	Closing Ritual

North Shore Senior Center is located on Northfield Road, two intersections West of I-94, between Willow and Winnetka Roads (closer to Winnetka Rd).

