

Cost is \$75.00 Registration form enclosed. Mail-in or walk-in registration only. NSSC Members can register on-line at www.nssc.org. Please call the staff at the 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.

Please choose three workshops, one for each session.

Morning Workshop #1 THE BIOLOGY OF SPIRITUALITY

Recent scientific discoveries tell us we can change the spontaneous fear based responses generated by our body-mind which cause stress and ill health. Examine the deep connection that exists between mind, body and spirit and find out how to make a “manual intervention” that will allow our body to express our spirit of faith.

Ramaa Krishnan, teacher and owner of Full Bloomed Lotus, Center for Self-Awareness was born and raised in India where she began the practice of meditation over 25 years ago. She now teaches this along with Eastern philosophy and other related practices at her studio in Wilmette. www.fullbloomedlotus.com

BRINGING CONSCIOUSNESS TO OUR ADDICTIONS

Explore the connections between neurology and impulse, thought and behavior. Understand the power of addictions, how they affect our mind, body and relationships. Learn tools and techniques to unhook from unhealthy patterns and rewire your brain.

Pamela Holtzman, RN, LCSW is the creator and author of the "Healthy Lifestyle Program" that she facilitates at the Cancer Wellness Center in Northbrook, IL. Her mind/body/spirit approach to her work is a reflection of her own lifestyle as a cancer survivor. www.pamelaholtzman.com

← continued next panel

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.

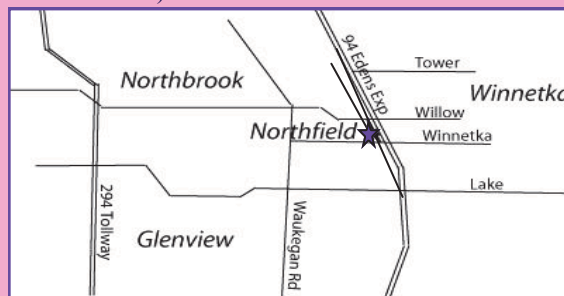
North Shore Senior Center

The North Shore Senior Center, located in Northfield, Illinois was founded in 1956. It provides services and assistance to more than 38,000 older adults and family members annually in 23 communities of Chicago’s northern suburbs. For active older adults the Center offers over 100 weekly activities including classes, trips, discussion groups, fitness, music, fine arts and performing arts programs, plus a variety of supportive 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.

NSSC Members can register on-line at www.nssc.org.
Print registration form at www.spiritualtransformations.org

8:15 - 8:45	Registration
8:45—8:55	Introduction
8:55—9:25	Opening Ritual ● Marge Graham
9:30 - 10:55	Morning Workshop #1 ● The Biology of Spirituality ● Bringing Consciousness to our Addictions ● Learn the Lesson or Repeat the Experience ● Recovering your Intuitive Genius
11:00 - 12:35	Morning Workshop #2 ● Shadows and Graces ● Secrets to Happiness ● What is your Spiritual IQ? ● Nutrition and Spirituality
12:35 - 1:30	Informal Networking Lunch
1:30 - 3:00	Afternoon Workshop #3 ● Life in Motion ● Listening: A Healing Balm ● Transforming your Inner Critic ● Introduction to Emotional Freedom Technique (EFT)
3:05 - 3:30	Closing Ritual

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



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

February 27, 2010
8:45 AM to 3:30 PM
North Shore Senior Center
Arthur C. Nielsen, Jr. Campus



161 Northfield Rd.
Northfield, IL 60093
847-784-6030
www.nssc.org

LEARN THE LESSON OR REPEAT THE EXPERIENCE

What we can Learn from Life's most provocative challenges

The Universe is a benevolent place where all of life's crises and dilemmas can either be used as learning experiences or experienced as trauma. Using this lens, we can extract the "victimhood" from the experience, advance our spiritual journey, and free ourselves from useless suffering.

Holly Berman is a certified life coach trained by Martha Beck. Her own journey has provided her with many challenges: a mother and mother-in-law with Alzheimer's disease, a spirited, challenging child, and the diagnosis with Stage IV cancer. She is a contributor to a book, Changes of the Heart, www.aethicalife coaching.com.

RECOVERING YOUR INTUITIVE GENIUS

Our instincts and intuition provide us with a fail safe method for assessing an Inner Wisdom that knows which choices to make and paths to take that are in our highest and best interest. Look at energy and visit its telltale (but subtle) methods of communicating to equip you with the necessary tools for living your life by your spiritual lights.

Nancy Creely a Certified Healing Touch Practitioner for 13 years. Nancy offers private sessions that teach clients to become their own master at listening to and trusting their intuition. Her private sessions include Akashic Record readings and support for her clients in connecting with their own spiritual resources.

Morning Workshop #2 SHADOWS AND GRACES

As women, many of us are quite expert in telling ourselves that we are 'not good enough'. We are expert in defending our shadow selves behind a wall of, "I'm fine, thank you." Explore our many strengths and graces, the joy, love, and courage with which we lead our everyday lives. Our challenged planet needs the best of us, as women, so together let's find, liberate, and celebrate our strengths! A suggested book is Defy Gravity by Caroline Myss.

Heath Missner is a Candidate for Ordination as a Deacon in the Episcopal Church. Heath is a Spiritual Director, and she has studied extensively with Caroline Myss.

SECRETS TO HAPPINESS

Do you want to attract more happiness into your life? Have you wondered if there is a secret to happiness? Being happy is a choice. Once you have the tools, you too can make this choice. This workshop will present 7 keys that will unlock the secret of creating your optimum life.

Judith Perlman, LCSW specializes in integral psychotherapy for individuals and groups. She has been a yoga instructor, is a second degree Reiki practitioner, a certified hypnotherapist and integrates the best of both East and West into her private practice. www.judithperlman.com

WHAT IS YOUR SPIRITUAL IQ?

Learn what a number of authors believe are essential components of a high SQ (spiritual intelligence). Participants will be given the opportunity to test their SQ and participate in what promises to be a lively and informative discussion. The test will offer suggestions of areas that deserve more attention.

Antoinette Saunders, PhD is a clinical psychologist and spiritual director. She has been a practicing holistic psychotherapist for the past 35 years. She is co-director of Transformations. www.antoINETTESaunders.com

NUTRITION AND SPIRITUALITY

Which nutritional supplement is the best? What 'diet' is the right one for me? Learn to Live Consciously Connected not just from a physical and spiritual place but from a nutritional space as well. Learn tools to feel empowered to live a healthy lifestyle in all aspects of your life, emphasizing conscious nutritional choices.

Cari Jacobson is a Chiropractic and Holistic Physician practicing in Northbrook, IL. She helps people achieve and maintain optimal health and wellness by balancing the body physically, chemically, emotionally and energetically. www.beoptimal.com

Afternoon Workshop #3 LIFE IN MOTION

This workshop is designed to bring optimum health to body, mind and spirit through music, movement and self expression. We will explore the relationship of one part of the body to another and foster greater awareness of physical sensations.

Christina Ernst is Co-Artistic Director of the Evanston Dance Ensemble and the faculty of Evanston High School. Originally from Switzerland, she has been active in the American dance scene as a choreographer, performer, and teacher since 1977. Christina continues learning and teaching about using the body in different ways.

LISTENING: A Healing Balm

When we listen with our attention focused on the next thing we need to do or say and the deep healing often does not happen. Spiritual Direction is a setting where we are listened to with deep reverence and learn to listen to ourselves in a way that supports growth and healing.

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

TRANSFORMING YOUR INNER CRITIC

The inner critic checks our thoughts, controls our behavior, and inhibits action. It thinks it is protecting us from being disliked, hurt, or abandoned. Instead this critical inner voice causes shame, anxiety, depression, exhaustion, and low self esteem. It is also a powerful saboteur of our intimate relationships and spiritual growth. Through examples and exercises we will learn how to avoid, minimize and transform the inner critic.

Harriet Porter, LCSW is a clinical social worker and holistic psychotherapist. She is co-director of Transformations. www.spiritualtransformations.org

INTRODUCTION TO EMOTIONAL FREEDOM TECHNIQUE (EFT)

Emotional Freedom Technique (EFT) is gaining attention as an effective stress reduction tool that utilizes the body's own energy and ability to heal by simply tapping on specific meridians or pressure points. Its applications include relief from physical aches and pains as well as anxiety, food cravings, stress and depression. You'll leave feeling serene and stress free.

Carol Moss, LCSW is a spiritual psychotherapist in private practice in Wilmette. She has presented workshops on EFT extensively in the Chicago area. www.CarolMoss.com

Opening and Closing Rituals

Women's Ancient Nature-Based Rituals

One vital tool in every woman's spiritual life skills is creating seasonal celebrations. Marge Graham, author of *The Archetypal Myth of Demeter & Persephone*, will introduce us to some fascinating ancient mystery rituals dating back to the sacred cult practices at Eleusis in pre-classical Greece. www.marjoriegraham.com