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Counseling to Heal A Fractured Soul



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While difficult and tragic life events affect the physical, mental, emotional, social and spiritual aspects of human life, many whom are touched by natural disasters or human atrocities view their spiritual distress as the most intense of these responses. In ever- increasing numbers, therapists are gaining awareness of the effects of tragedy on the human spirit and are seeking models of practice that address spiritual concerns and methods to heal the soul pain being experienced.

During This Presentation You Will:

- 1) Compare neurological and spiritual perspectives regarding healing following a difficult life event.
- 2) Review the journey from spiritual disconnection to spiritual transformation.
- 3) Examine the impact of tragedy on spiritual needs resulting in spiritual distress and soul pain.
- 4) Gain awareness of symbolic expressions used in art, dream and language, so as to apply this information in future assessments of the need for soul healing.
- 5) Examine a number of therapeutic strategies for healing the various aspects of spiritual distress, including the release of energetic attachment to an abuser, and the reclaiming of parts of the soul/self that have remained as if frozen in time at the scenes of trauma.
- 6) Explore a spiritual perspective of vicarious trauma
- 7) Experience a spiritual strategy to shield from vicarious trauma.
- 8) Experience the applications to modern therapy of the time-honored spiritual tradition of using the elements for healing purposes.

You may find it helpful to review my article *Trauma and Dissociation: Neurological and Spiritual Perspectives*.

You may also find it valuable to view the DVD's *Listening To Soul Pain* and *Healing Soul Pain*.

