



*Your work is to discover  
your work and then,  
with all your heart, give  
yourself to it.*  
—Buddha

PSYCHOTHERAPY & SPIRITUALITY INSTITUTE

WINTER  
2009

COURSES & WORKSHOPS

[mindspirit.org](http://mindspirit.org)  
74 Trinity Place, Suite 612  
New York, New York 10006  
212.285.0043

TREATING MIND AND SPIRIT AS ONE

**PSI, the Psychotherapy & Spirituality Institute,** is a multi-site inter-spiritual counseling center that provides psychotherapy, professional training and continuing education. Our interdisciplinary staff includes psychologists, pastoral counselors, psychotherapists, clinical social workers, marriage and family therapists, creative arts therapists, educators, interfaith clergy, and spiritual directors and counselors. Our clinical staff members are licensed by the State of New York.

PSI is interested in understanding your spiritual journey as well as your emotional and psychological needs. We are uniquely qualified to address the connection between mind, body and spirit and the role of spirituality in comprehensive psychological care and hope.

Caring, experienced therapists and counselors in four New York City locations: Wall Street, Midtown, Greenwich Village, and the West Side.

**[www.mindspirit.org](http://www.mindspirit.org)**

PSI is an independent 501(c)(3) non-profit corporation with clinicians licensed by the State of New York to provide mental health services. We are an inclusive organization serving people of all religious faith, spiritualities, ethnic backgrounds and sexual orientations.

We have provided services to the people of New York City and beyond since 1975.

## **Our Problems Are the Very Place Where We Find Wisdom and Common Ground**

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At PSI, we hold an unwavering belief in the possibility of healthy change. We understand, as you do, that any effort to heal and grow is courageous and expands with encouragement and support.

Remarkable professionals, skilled and compassionate, instruct our programs. Equally amazing are the participants who ask deeply held questions. Together, we all discover – again and again – that our problems are the very place where we find wisdom and common ground.

**Please join us at PSI for this radical adventure of the human spirit.**

### **Mark D'Alessio**

President & Executive Director

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PSI's programs touch the broadest public need for helping and healing. Additionally, we offer individual and group psychotherapy services (on a sliding scale) for the general public and programs to support distinct populations: Returning Veterans from Iraq and Afghanistan; women and children in Brooklyn's growing Muslim and Arabic communities; continuing education and supervision of clergy for pastoral care and counseling; and, most recently, Wall Street groups coping with the stress of the financial crisis. We offer 12-Step recovery workshops for addictions of kinds and creative arts therapies for adults, families, and children in schools.

Some programs are free of charge, and a few have suggested minimal fees (to cover costs for guest speakers, materials and facility charges).

If you would like to attend a program, or receive information about our programs or services, please contact Mark D'Alessio at: [info@mindspirit.org](mailto:info@mindspirit.org) or 212-285-0043 x10

## **SPIRITUAL DIMENSIONS OF RECOVERY**

Four programs, each free of charge

### **MOMENTS OF CLARITY**

Friday, February 6th | 6:00pm-8:00pm  
◆ St. Paul's Chapel

Best-selling author Christopher Kennedy Lawford will share about the power of personal transformation and sign books.

Kathleen Kelley, *D.Min(c), LMFT*  
Mary Ragan, *Ph.D, LCSW*

Join Christopher Kennedy Lawford, author of the New York Times bestseller, "Moments of Clarity," as he discusses his experience, strength and hope along with Ms. Kathleen Kelley, an addictions specialist at PSI, as she presents on "The Spiritual Dimensions of Addiction and Recovery." Copies of Mr. Lawford's book will be available, which he will gladly sign.

Presented in conjunction with Trinity Wall Street, we feel privileged that the location of this event is St. Paul's Chapel, which for nearly a year after the 2001 attack on the World Trade Center served as a relief mission for recovery workers at Ground Zero.

### **ANGER, HURT & FORGIVENESS**

Monday, March 30th | 6:00-7:30pm  
◆ Trinity Wall Street | 2nd Floor Parlor

Is Reconciliation Possible?

Mary Ragan, *PhD, LCSW*

Holding a grudge has been likened to taking poison and hoping the *enemy* will die. While the beneficial effects of forgiveness are well-documented, research shows that forgiveness itself is a complex problem. Recognizing that "easy" forgiveness is not the goal for either psychological or spiritual development, this workshop will explore the psychology of anger, hurt and forgiveness, focusing on their inter-relatedness. The issue of self-forgiveness will be addressed as a necessary pre-requisite for forgiving others.

### **HOPE & RECOVERY**

Tuesday, April 7 | 6:30pm-7:30pm  
◆ St. Bart's | Room 32

Wednesday, April 9 | 6:30pm-7:30pm  
◆ Trinity Wall Street | 2nd Floor Parlor

Addiction and recovery are a place where we can discover the spiritual dimension of life.

Kathleen Kelley, *D.Min (C), LMFT*

It is widely believed that spiritual factors play a key role in the origin, course of, and recovery from addictions. While alcohol and other drugs cannot touch the spirit directly, it does "knock out the brain's ability to serve as sensory instrument of the soul." The result is spiritual dysfunction or "dis-ease." Hope & Recovery will show how impaired spirituality and addiction go hand in hand – essentially, that the human mind cannot simultaneously be in a state of true gratitude and also crave the madness of alcohol or drugs.

### **SPIRITUAL PROBLEM - SPIRITUAL SOLUTION**

Wednesday, April 22 | 6:30pm-7:30pm  
◆ Trinity Wall Street | 2nd Floor Parlor

Journeying into the Spiritual "Dis-ease" of Addiction

Kathleen Kelley, *D.Min (c), LMFT*

Alcoholism and addictions are often defined as a malady of the spirit, mind and body, when the spiritual malady is over, the physical and mental can straighten out. While alcohol and other drugs cannot touch the spirit directly they do 'knock out the brains ability to serve as sensory instrument of the soul.' The result is spiritual dysfunction or "dis-ease." Recognizing that "the problem defines the solution," this workshop will explore the illness at: the level of the body- can't use; the illness at the level of the mind - can't quit; and, the illness at the level of the spirit - can't change.

## **SPIRITUAL DIMENSIONS OF LIFE & WORK**

Free of charge (except where noted)

### **COMMUNITY IN SONG**

Saturday, February 21st | 10:00am-3:00pm

Registration begins at 9:30am

◆ Trinity Wall Street | 2nd Floor Parlor

All are welcome - no experience is necessary at this Spa for the Soul.

Lynn Anderson, LMFT

The deep rewards of music-for-all has been nearly forgotten in our culture, but older cultures have long known group singing has a power to bind people together. The African concept *ubuntu* means “I am because we are.” Nowhere is this more evident than in a choir – a great place to learn and practice *ubuntu* spirit. Many who loved singing as children haven’t sung since. Come join us! No experience is necessary. Even those who believe they are “non-singers” are invited to sing along at this Spa for the Soul.

**Suggested Donation: \$25 (includes lunch, coffee and tea).**

### **BREAST CANCER SURVIVOR GROUP**

Every Monday, March 30-May 4

5:30pm-6:30pm

\* Psychotherapy & Spirituality Institute

A confidential place to talk

LYNN ANDERSON, LMFT

According to the American Cancer Society, one in nine women will be diagnosed with breast cancer during her lifetime. Come share experiences, strengths and hopes in a six-week safe place to talk workshop. You can receive, or offer, support and encouragement to others – including newly diagnosed women. Come to one Monday night, or come to all.

### **SPIRITUAL LONGING**

Monday, April 13 | 6:30pm - 7:30pm

◆ Trinity Wall Street | 2nd Floor Parlor

How a spiritual relationship can ignite the human heart to love at all levels.

Therese Ragen, PhD

Rev. Mark Bozzuti-Jones

Rev. Mark Bozzuti-Jones, Trinity Wall Street’s Priest for Pastoral Care and Nurture, will join PSI to share about Trinity’s heart and spirit for pastoral counseling.

Joining him will be PSI staff psychologist and psychoanalyst Dr. Therese Ragen. In her new book, *The Consulting Room and Beyond: Psychoanalytic Work and its Reverberations in the Analyst’s Life*, Dr. Ragen takes us into the heart of what it’s like to be in psychoanalysis. A chapter on “Spiritual Longing” will be shared and the profound ways in which an counselor and client affect each other will be captured as the book moves from a client session to one of the analyst’s own memories, to a dream, and beyond. Copies of Dr. Ragen’s book will be available, which she will gladly sign.

### **EFFECTIVE COMMUNICATIONS FOR LIFE & WORK**

Monday, April 27 | 12:30pm-1:30pm

◆ Trinity Wall Street | 2nd Floor Parlor

How to deepen understanding and establish rapport in business and personal relationships.

Michael Bednarski, PhD

The Effective Communications workshop helps individuals assess their unique style of communicating and its impact on their lives. Learn how you are perceived and to recognize the communication needs of others. Recommended for those who want to increase satisfaction and productivity in business and personal relationships. Key topics covered in this experiential workshop include: Understanding Communication Styles, Perspective-Taking (Seeing things as others see them), Active Listening Skills and The Development of Rapport.

# JOIN US FOR MIND-SPIRIT DISCOVERY

## COMING IN THE SPRING

Free of charge (except where noted)

### OUT OF WORK & DISCOURAGED?

Ten Thursday mornings  
April 4-JUNE 4 | 9:00am-10:00am  
❖ St. Bart's | Room 44

A confidential place to talk

Alan Chisholm, *MDiv, LP, NCPsyA*

Come to PSI's Between Jobs Support Group at St. Bartholomew's to share your experience with others. This will be a confidential place to talk about what gets you down, what keeps you going and what sustains you through this difficult time. Come to one Thursday morning, or come to all.

### WHEN A LOVED ONE DRINKS OR USES TOO MUCH

April 2 & 9 | 6:30pm-7:30pm  
❖ St. Bart's | Room 44

How to Help Yourself - a two-part series

Kathleen Kelley, *D.Min.(c), LMFT*

This presentation is the first of a two part series for anyone whose life has been affected by a family member's or friend's problematic use of alcohol or other drugs. The workshop will include an overview of the cycle of addiction and its impact on loved ones as well as information and tools on what you can do to help yourself.

### HEALING & CENTERING: THE MIND-BODY CONNECTION

May 5, 12 & 19 | 7:30pm - 8:30pm  
❖ St. Bart's | Room 44

The power to heal is deep within the silence of our bodies.

Jane D. Moffett, *PhD, LCSW*

Dr. Moffett is offering this introductory evening workshop series in mind-body approaches for three weeks – come to one or come to all. These workshops will present a variety of approaches to being present for the information our bodies have to give us. These workshops will present a variety of approaches to being present for the information our bodies have to give us. The workshop will focus on experiential demonstrations and exercises in mindfulness, centering, and healing.

#### LOCATION KEY:

- ◆ **St. Paul's Chapel**  
209 Broadway, New York, NY 10007
- ◆ **Trinity Wall Street**  
74 Trinity Place, New York, NY 10006
- ❖ **St. Bartholomew's  
Community House**  
109 E. 50th St., New York, NY 10022
- \* **Psychotherapy &  
Spirituality Institute**  
74 Trinity Place, Suite 612, New York, NY 10006

## RETURNING VETS: BRINGING IT ALL BACK HOME

Monday, April 30 | 6:30pm - 8:00pm  
◆ St. Paul's Chapel

A community of caring with and for  
servicemembers returning from OIF:  
Iraq & OEF: Afghanistan

Joseph C. White, *Veteran*  
US Army, OEF, OIF

Mary Ragan, *Social Worker, PSI*

If you have returned from Iraq or Afghanistan, or other active duty assignments, come to PSI's "Bringing It All Home" to share your experience with others who have been there. This will be a safe place to talk.

Veterans of the United States Military are strong, resilient, and self-supporting. After serving one or more tours of duty in wartime, many have

returned home to face new challenges: re-integrating with family, relationships and social networks, and the job market.

For some, this process has been as challenging as the tour(s) of duty. Today's job market imposes additional stress on anyone looking for employment. Fortunately, many have been there and understand how hard it can be when, like you, you shift your focus from serving your country to serving your family and yourself. "Bringing It All Home" is here to help you in returning to civilian life.

Presented in conjunction with Trinity Wall Street, we feel privileged that the location of this event is St. Paul's Chapel, which for nearly a year after the 2001 attack on the World Trade Center served as a relief mission for recovery workers at Ground Zero.

## BIOS

**Lynn Anderson, LMFT** is a licensed marriage and family therapist with a strong background in creative arts therapies. She joined the Psychotherapy and Spirituality Institute as a staff member in 2008. In addition to her clinical work with individuals and groups, Lynn is a facilitator of “Community in Song” workshops and the director of the Lower East Side Community Choir. She is also the founder Expressive Alternatives, a non-profit organization that brings creative and performing arts programs into residences and hospitals.

**Michael Bednarski, PhD** is a psychologist on the staff of PSI who consults to a variety of organizations on effective one-to-one communications. An expert on individual communications, Dr. Bednarski speaks and trains for organizations nationally in the areas of, among others: Client-Centered Communications, Doctor-Patient Communications, Patient-Centered Communications, Communications/ Interpersonal Skills, and Broker-Client Relations, he also maintains a busy practice helping individuals improve in the areas of work and personal communications.

**Alan Chisholm, M.Div, LP, NCPsyA** is a pastoral counselor and licensed psychoanalyst with PSI at St. Bartholomew’s Church. He is a senior staff member and Director of PSI and works with individuals who are seeking to connect with their feelings and find new energy for living; are struggling with anxiety or depression; or, are seeking a renewed sense of self worth and purpose. Alan has experience in assisting people in recovery programs and also works with couples in conflict or who are seeking greater intimacy and satisfaction in their relationships.

**Kathleen Kelley, D.Min (c), LMFT** is a psychotherapist in private practice and a member of the faculty practice of PSI, providing individual, couple and family therapy. In addition to her clinical work, she is the Family Program Coordinator and Spiritual Care Director at the Hazeldon Foundation. Ms Kelley facilitates a weekly lecture series on families, addictions, spirituality and recovery, and teaches a variety of workshops for professionals in the field of addictions and family systems.

**Christopher Kennedy Lawford** holds a Bachelor of Arts from Tufts University, a Juris Doctor from Boston College Law School and a Masters Certification in Clinical Psychology from Harvard Medical School. He is currently a Public Advocacy Consultant with Caron Treatment Centers, a leading nonprofit provider of addiction treatment. In this role, Mr. Lawford raises awareness about addiction and long-term recovery by sharing his experience, strength and hope with clinicians, educators, families and professionals. He has three children and currently lives in Marina Del Rey, CA.

**Jane D. Moffett, PhD**, has been in the mental health field for over 30 years. She holds a Doctorate in Clinical Social Work and a Masters degree in Movement Therapy. Dr. Moffett has specialized in mind-body awareness in the treatment of depression, anxiety, substance abuse, bipolar disorder, and trauma.

**Mary Ragan, PhD, LCSW** is a pastoral counselor and licensed clinical social worker. She has worked as a senior clinician and director for many years at the Psychotherapy & Spirituality Institute and her clinical work has included a special interest in trauma and traumatic grief. Dr. Ragan has worked with individuals in the aftermath of 9/11 and also as a volunteer on mental health teams serving people affected by Hurricanes Katrina and Rita. In addition to her clinical work, she is an adjunct professor at Columbia University School of Social Work, General Theological Seminary and Hebrew Union College, and is on the board of AAPC - the American Association of Pastoral Counselors.

**Therese Ragen, PhD** is a psychoanalyst practicing in New York City. She is on the staff of the Psychotherapy and Spirituality Institute and is a Clinical Professor of Psychology at the New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. She has published her work in literary journals, including the *Northwest Review*, *Palo Alto Review*, *Texas Review*, and in the *Journal Contemporary Psychoanalysis*.

## **FOR MORE INFORMATION**

### **Westside: (212) 580-7974**

Rutgers Counseling Center  
2095 Broadway, Room 406 (at 73rd Street)

### **Midtown: (212) 935-5023**

St. Bartholomew Counseling Center  
109 East 50th Street (at Park Ave)

### **Lower Manhattan: (212) 242-5019**

St. John's Counseling Center  
222 West 11th Street, #1 (near 7th Ave)

### **Downtown: (212) 285-1552**

Trinity Counseling Center  
74 Trinity Place, Suite 612 (near Wall Street)

**You can support the work of PSI, including our programs, by calling Mark D'Alessio, our Executive Director, at 212.285.0043 x11; or by visiting our website at [mindspirit.org](http://mindspirit.org).**



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