

# MENTAL HEALTH AND SPIRITUALITY:

Contemporary Issues and Practical  
Implications for Practitioners and Researchers



**SPCR**

The Society for Pastoral Care  
and Counselling Research



## Mental Health and Spirituality Conference Program 2020

**Hosted by:**

The Centre of Excellence for Research in Psychotherapy and  
Spirituality & The Society for Pastoral Care and Counselling  
Research

Friday March 20<sup>th</sup>, 2020 – Saturday March 21<sup>st</sup>, 2020  
Saint Paul University, Ottawa

# Mental Health and Spirituality: Contemporary Issues and Practical Implications for Practitioners and Researchers

The 2020 Conference “Mental Health and Spirituality: Contemporary Issues and Practical Implications for Practitioners and Researchers” serves as a platform to open the dialogue on the necessity of including spirituality in clinical practice. The conference will present the current challenges and practical implications concerning the integration of spirituality in clinical practice and offer attendees guidance in the development of spiritual competency and spiritually informed interventions.

The conference is open to practitioners, at any level of professional development, who come into contact with issues pertaining to mental health. The primary objective is to present evidence-based research on the challenges and implications of spiritually informed approaches in mental health services. Keynote speakers and workshop presentations will utilize different modalities to facilitate experiential learning and promote the development of clinical skills. Attendees will cultivate clinical competence in the application and ethics of spiritually integrated interventions.

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Regular: \$150.00

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<https://ustpaul.ca/conferences-university/mental-health-and-spirituality-contemporary-issues-and-practical-implications-for-practitioners-and-researchers.htm>

# Keynote Speakers



**Lynette Monteiro, Ph.D.**, is a registered psychologist and Director of Professional Training at the Ottawa Mindfulness Clinic. She completed an MA on neuro-behavioural correlates of human communication disorders and a Ph.D. investigating the efficacy of methylphenidate in the treatment of ADHD in pre-school-aged children. She is trained in CBT, CPT for veterans and active military personnel, MBSR, MBCT, MiCBT, and is a certified teacher of Mindful Self-Compassion. Her primary interest is the treatment of military and veterans experiencing PTSD and she serves as a personnel selection psychologist for police and military services. As co-developer of Mindfulness-based Symptom Management (MBSM), she also developed and leads the MBSM teacher-training program and, as Clinical Professor at the University of Ottawa, she supervises Ph.D. clinical psychology and counselling psychology interns in MBSM.

**Peggy J. Kleinplatz, Ph.D.** is Professor of Medicine, and Director of Sex and Couples Therapy Training at the University of Ottawa. Since 1983, she has been teaching Human Sexuality at the University of Ottawa where she received the Prix d'Excellence in 2000. For over 25 years, she has been teaching Sex Therapy at the affiliated Saint-Paul University. She is a clinical psychologist, Certified as a Diplomate and Supervisor of Sex Therapy by the American Association of Sexuality Educators, Counsellors and Therapists (AASECT) and as a Sex Counselor and Therapist by BESTCO. Kleinplatz has edited four books notably *New Directions in Sex Therapy: Innovations and Alternatives*, winner of the AASECT 2013 Book Award. She is the author with A. Dana Menard, Ph.D. of *Magnificent Sex: Lessons from Extraordinary Lovers* (2020). In 2015, Kleinplatz received the AASECT Professional Standard of Excellence Award.



**Dennis Wendt, Ph.D.**, is an Assistant Professor with the Department of Educational and Counselling Psychology at McGill University. He completed his PhD in Clinical Psychology at the University of Michigan, followed by a postdoctoral research fellowship with the Alcohol and Drug Abuse Institute at the University of Washington in Seattle. Dr. Wendt's research focuses on partnering with Indigenous communities in exploring, developing, and evaluating culturally relevant interventions pertaining to mental health, substance use, and community wellness. He is also interested in evidence-based practice considerations for substance use disorders, as well as philosophical aspects of clinical/counselling psychology and research methods. He has published over 30 peer-reviewed articles and chapters, and has presented over 60 times at scholarly conferences. Dr. Wendt is from southeast Idaho in the USA, near Yellowstone National Park. A newcomer to Canada, he lives in the Côte-des-Neiges neighbourhood of Montreal with his wife and two French-learning children.

# Schedule – Friday March 20<sup>th</sup>, 2020

## Registration

8:00AM – 8:30AM

## Keynote Presentation

8:30AM-9:45AM

Dr. Lynette Monteiro

*Contemporary Mindfulness Psychotherapy:*

*Charting a complex landscape of acquisition, appropriation, and accommodation of spiritual practices*

## Workshop Session I

10:00AM – 10:55AM

### 1. Hugging the Growling Bear: Avoidant Partners in Intimate Relationships.

Attachment theory has taken its place as a cornerstone of contemporary psychotherapy, individual, couple, and family. Attachment styles are broadly categorized as secure and insecure. Under the insecure, the two main attachment styles are preoccupied and avoidant. Men have more often been seen as avoidant, but research is suggesting that, increasingly, more women have an avoidant attachment style. This paper looks at avoidant partners in intimate relationships: how avoidant attachment style is born; how avoidants displays in intimate relationships; and how avoidant partners can heal toward a more balanced attachment style. Using Attachment in Family Therapy, Psychobiological Approach to Couple Therapy and Narrative therapy techniques, participants will learn the art of listen to client stories for wound words and healing words, as well as treatment plans that help heal the client / couple emotionally, somatically, and spiritually.

**Martin Rovers, PhD, is a retired professor and active CAMFT Approved Supervisor in the Faculty of Human Sciences at St Paul University and in private practice in Ottawa.**

### 2. Challenges of Cultivating Compassion for Male Victims of Sexual Violence.

Although both men and women are victims of armed-conflict-related sexual violence, men's victimization experience is generally considered controversial. Accordingly, this area of research has often been overlooked and neglected over the years/ The concept of the 'traditional male code' has been used to better understand the male sexual victimization experience. The traditional male code refers to "the historical rules or standards about the socially approved ways of being male", and to valued ideals of masculinity, incongruent with men's experiences of sexual victimization.– In order to learn on the experience of men who have been raped in an armed conflict, 14 males who live in DRC were met in their country. Our qualitative study aimed at giving them a voice in order to hear from them about their experience. The results show that their very participation in the study was experienced as an act of compassion from the researcher towards them. Additionally, participants experienced secondary victimization through the perceived loss of masculinity, community perception and ongoing symptoms. A male-centered approach to intervention will be presented including psycho-education, and how to challenge shame and guilt.

**Ines Yagi, MA, RP, CAMFT Associate, Ph.D. (Cand.).**

### 3. Islamic Spirituality and Mental Health Interventions – lessons from Sabr and Shukr

Canada is a diverse multicultural nation and the Muslim community represents one of the largest minority faith groups in Canada. Particularly for Muslims, Many research studies have confirmed that one of the barriers to accessing mainstream mental health services is the assumption that one's spiritual identity and values will be discounted throughout the process. There is a rich spiritual framework in the Islamic faith tradition that is

relatively unknown to many service providers, despite its centrality in the Muslim worldview. Appreciating the importance of this worldview is therefore of paramount significance, and pursuing professional familiarity can greatly enhance the therapeutic process and increase uptake of services. In the Islamic tradition, two concepts that animate the Muslim understanding of every life experiences are Sabr and Shukr (which are incompletely captured by the English terms patience and gratitude respectively). Through a variety of conceptual exercises, spiritual sages in the Islamic tradition have articulated ways in which life experiences can be viewed in a meaningful manner through these two concepts transforming one's individual outlook in a manner akin to interventions used in cognitive behavioural therapy, and Narrative therapy. In this workshop, we will review the important features of this spiritual framework and its relevance for the emerging field of Islamically integrated psychotherapy.

**Amal Qutub, MSW, RSW, Nazir Khan, MD, Mahdi Qasqas, PhD, and Deema Qasqas**

## Workshop Session II

11:00AM – 11:55AM

### 4. Alliance and Critical Incidents in the Supervisory Relationship: A Spiritual Model

The supervisory working alliance is a fundamental ingredient in the process and outcome of supervision. According to Bordin, the supervisory working alliance is comprised of three interrelated factors: agreement on the goals of supervision, a mutual understanding of the tasks of supervision, and an emotional bond between supervisee and supervisor. The purpose of the proposed workshop will be to disseminate findings from a research study exploring the relationship between critical incidents and the supervisory working alliance. The presentation will highlight similarities and distinctions in the perceptions of the supervisory process and understanding of critical incidents from the perspective of supervisors and supervisees. From a spiritual perspective, connection is inherent to the supervisory process and the development of a strong supervisory alliance. Using Carroll & Tholstrup's model of spirituality, the workshop will instruct attendees on the integration of spirituality in development models of supervision and provide practical tools for supervisors.

**Cynthia Bilodeau, PhD, Samantha Kosierb, MA, RP, PhD (Cand.), Monica Bridge, MA (Cand.)**

### 5. Troubles de santé mental et moyens de guérison : Malentendu et défi de confiance entre aidant et aide [FRENCH]

La santé et la maladie sont des états d'être, des conditions, connus dans toutes les cultures. Ceci dit, la signification, la compréhension et l'explication des conditions de santé et de maladies sont uniques à chaque culture; ce qui entraîne une différence dans la réaction et la méthode de recherche de solution. Cette présentation s'intéresse aux regards portés sur la psychothérapie et la guérison traditionnelle selon deux visions du monde : occidentale et africaine-subsaharienne. L'auteur explore les défis rencontrés lorsque le système d'interprétation des troubles mentaux et des moyens de guérison est différent chez l'aidant et l'aidé.

**Buuma M. Maisha, PhD, RP, CCC**

### 6. The Witches' Pyramid: An Orienting Practice

The Witches' Pyramid: An Orienting Practice is a workshop that will engage clinicians from a Wiccan cosmology as they consider how to work with clients that practice Wicca in a spiritually affirming way. The presentation portion of the workshop will provide participants with an overview of the philosophical and ethical tenets of Wicca, and its traditions and practices while illustrating contemporary issues faced by witches in accessing affirming mental health care. The experiential portion of the workshop will guide clinicians through a series of contemplative mindfulness exercises informed by the Witches' Pyramid that will help orient them to their preconceptions about Wicca and how they inform their practices of assessment and intervention. The contemplative exercises will be organized by the various points of the Witches' Pyramid, such as air (to know and to wonder), earth (to be silent and to resonate), water (to dare and to accept), and fire (to will and to

surrender). The workshop will also help clinicians to begin thinking about how to integrate Wiccan cosmology into their existing spiritual praxis that guides and directs their clinical work.

**Blair Wilson, MSW, RSW, PhD (Cand.)**

## Lunch Break

12:00PM – 1:00PM

## Keynote Presentation

1:00PM-2:15PM

Dr. Peggy Kleinplatz

## Poster Session I

2:30PM-4:30PM

**Christian Bellehumeur, PhD, Chantal Riel, MA (Cand.) & Rony Mélinard, MA (Cand.)**

Éco-psychologie, psychologie positive, pleine conscience :  
une analyse comparative sous le prisme de la théorie duradienne de l'imaginaire

**Christian Bellehumeur, PhD, Rony Mélinard, MA (Cand.) & Chantal Riel, MA (Cand.)**

Regard croisé sur l'éco-anxiété via la logothérapie, l'éco-psychologie,  
la psychologie positive 2.0 et l'anthropologie duradienne

**Nicolas Galton, PhD (Cand.)**

The Relationships between Personality Traits, Death Attitudes, and Ageism

**Cassandre Gratton, PhD (Cand.)**

The Needs and Experiences of Caregivers to Persons with Dementia (PWD)  
who have Lost their Driving Privileges

**Yuanyuan Jiang, PhD**

Understanding the Role of Spirituality in Parenting for Children  
with Attention Deficit/Hyperactivity Disorder

**Motahareh Nabavi, MA (Cand.)**

A Catalyst for Mental Health and Spiritual Growth

**Leila Osman, PhD (Cand.), RP**

Returning to the Roots of Mindfulness:  
An exploration of therapist understanding and practice, and its effects on therapy

**Daniel Parker, MEd (Cand.), Payton Bennett, Basile Favel, & Dennis C. Wendt, PhD**

Indigenous Traditional Healing Practices to Address Substance Use Problems:  
A literature review

**Julia Parrott, MA (Cand.)**

Recommendations for Translating the DREAM Gifted Edition Program  
to an Online-Live Hybrid Model

Louis Plourde, MSc (Cand.)

Substances psychédéliques, état mystique et nouveaux paradigmes thérapeutiques

Jacklyn St Laurent, PhD (Cand.), RP, CCC & Buuma M. Maisha, PhD, RP, CCC

L'hypersexualisation des femmes âgées de 25 à 50 ans, victimes d'agression sexuelle durant l'enfance : comparaison de la perception du corps et des organes génitaux

Samoon Tasmin, PhD (Cand.)

Place of Religion in Psychotherapy of Muslim Immigrants –  
Case of First-Generation Afghan Immigrants in Canada

Katherine VanLeeuwen, MA (Cand.)

Mapping Spiritual and Religious Constellations:  
A qualitative exploration of experiences in faith-based post-abortion care

## Schedule – Saturday March 21<sup>st</sup>, 2020

### Registration

8:00AM – 8:30AM

### Keynote Presentation

8:30AM-9:45AM

Dr. Dennis Wendt

### Workshop Session III

10:00AM – 10:55AM

#### 7. Embodied Spirituality in Mental Health Practice: Transpersonal Approaches to the Therapist's Use of Self

The self of the therapist is widely recognized as an essential ingredient in effective psychotherapy. Transpersonal psychology (which includes and transcends normal ego development) contributes numerous perspectives and approaches which incorporate spirituality in the therapeutic relationship. States and stages of consciousness, as embodied by the therapist, make an important contribution to the experience and process of the psychotherapeutic endeavour, both for client and therapist. In this workshop, specific techniques from transpersonal psychology, including nondual psychotherapy, related to the therapist's embodied experience (use of self) will be described and demonstrated, including recommendations and contraindications for use.

**Kelly Kilrea, PhD, is an assistant professor in the faculty of Human Sciences at Saint Paul University in Ottawa, Canada, teaching undergraduate and graduate courses in counselling, psychotherapy, spirituality, personality, and human development.**

#### 8. How Spirituality and Meaning Can Contribute to Flourishing in Family and Blended Family Therapy : Latest Research and Practical Tools

Families and blended families especially can benefit by developing their spirituality (religious or otherwise) since it has been found to nourish and anchor families, strengthen bonds and values, as well as help members become more open, grow and transcend wounds and challenges. With spirituality defined as "meaning", when blended families find meaning, this can increase their resilience against the risk they face regarding blended

family dissolution. Meaning as a vehicle to develop spirituality has been known to predict mental health and well-being even in children. Armstrong, Frankl and Wong define meaning as an openness to take responsibility for one's deeper purpose in life towards fulfillment (flourishing), and have integrated this notion in their psychotherapy approach. Meaning as one approach to spirituality will be explored for family and blended family psychotherapy. Participants will learn about meaning-based tools inspired by Satir's Family Therapy, Emotionally-Focused Family Therapy and Rational-Emotive Attachment Logotherapy. Workshop attendees will leave with practical tools to use in their therapy practices.

**Stephanie Larrue, MA, RP, CCC, PhD (Cand.), is a psychotherapist practicing in individual, couples and family therapy with a special interest in stepfamilies and in transpersonal psychology.**

### **12. Developing a Model for Teaching Practitioners the Competency of Reflection**

Reflective practice, recognized as the heart of professional practice, is embedded within professional practice standards. Mann, Gordon, and MacLeod (2007) conducted a systematic review of the reflection literature, finding that reflection serves key functions including learning from experience and meaning-making in complex situations. Yet debate exists about how to foster reflection. One newer approach integrates mindfulness, originally a spiritual practice, and reflection, supporting practitioners to bring practice-based challenges into their conscious awareness, thereby enhancing moment-to-moment self-observation. This experiential workshop will describe a pedagogical approach used in teaching reflective practice. Participants will be provided with didactic materials on the reflective and spiritual base grounding mindfulness and taken through an experiential mindfulness practice that fosters reflection, followed by a mindfulness reflective exercise. Empirical research study results, specifically how mindfulness is used to cultivate the competency of reflective practice, will be presented. Reflective capacity is learned and strengthened over time and deepens within a systematic approach that teaches reflection at multiple points throughout professional education. Workshop facilitators will guide participants to consider ways to build on this research and to adapt the model to be thoughtfully integrated into mental health education and practice.

**Ellen Katz is Assistant Professor, Teaching Stream at the Factor-Inwentash Faculty of Social Work (FISW), University of Toronto. Anne Kirvan is a second-year doctoral student at the Factor-Inwentash Faculty of Social Work at the University of Toronto. Lea Tufford is an Assistant Professor in the School of Social Work at Laurentian University. She completed her doctorate in social work at the Factor-Inwentash Faculty of Social Work at the University of Toronto.**

## **Workshop Session IV**

**11:00AM – 11:55AM**

### **13. Exploring clinical wisdom within an evidence-based psycho-spiritual therapy approach**

The purpose of this workshop is to explore how practitioners develop clinical wisdom in the context of evidence-based psycho-spiritual therapy practice. This workshop will also discuss what constitutes clinical wisdom and the sources and outcomes of clinical wisdom. We will facilitate dialogue referencing the common themes that have emerged from our recent literature review as well as practical applications to clinical practice. Participants will be invited to participate in a creative activity that will allow them to reflect on the nature of clinical wisdom and ways to cultivate wisdom within their clinical practice of spiritually integrated psychotherapy. Participants will have the opportunity to self-reflect and engage in group dialogue throughout the workshop.

**Thomas St. James O'Connor RP, CASC Supervisor-Educator, ThD; Jane Kuepfer, RP, MDiv, PhD; Bavlly Kost RP, MA; Ala' Al-Thibeh, MA; and Erin Snider, MA**

### **14. La résilience chez la personne vieillissante : relire sa vie à la lumière des déterminants de la résilience et du yoga [FRENCH]**

Selon Cyrulnik (2002) la résilience se réfère à la capacité à s'adapter et même à se développer en dépit de l'adversité. Chez la personne âgée, l'adversité peut être associée aux traumatismes vécus tout au long de la vie, au deuil de personnes chères et à une certaine perte des capacités sensorielles, cognitives et/ou motrices. Accorder une attention aux déterminants psychologiques (e.g., la maturité, la qualité des attachements, les croyances en soi et/ou en un Tout-Autre), somatiques et sociaux de la résilience et à l'inscription de soi dans la temporalité, s'avère incontournable au développement et au maintien de la résilience dite 'âgée'. Cyrulnik (2014) associe celle-ci à « l'aptitude à faire un récit de la représentation de soi, et à donner sens aux inévitables épreuves et traumatismes de son existence » (p. 7). Mallet, Begat & Duchêne (2012) définissent le sens comme un vecteur de sensation, d'orientation et de mise en lien de moments de la vie. Un exercice de relecture de vie et de yoga suivra la description de la résilience et de ses déterminants. Il favorisera l'intégration de ces derniers et le développement de pistes possibles de sens reliées à la trame narrative de sa vie, au présent.

**Judith Malette, Ph.D., C.Psych. is a clinical psychologist, and full professor at the School of Counseling, Psychotherapy and Spirituality. She has worked with adults, and older adults in a clinical setting, and in palliative care. Her main research focus is on adaptation to ageing, the end of life, and on the use of Life Review, and Spiritual reminiscence during these life periods.**

### **15. Life Beyond the Walls of a Faith of a Faith Family: Exploring the Process and Challenges of Individuation toward Self-Identity**

This workshop will examine individuation as related to faith communities and religiosity. Religious practices and faith communities can inadvertently limit personal growth and development. Carl Jung's concept of individuation can be applied to the transition of moving beyond the walls of organized religion. Individuation is considered essential to the development of a healthy identity and the formation of healthy relationships both with self and with others. A person who does not adequately individuate may lack a clear sense of self and feel uncomfortable pursuing goals when those goals differ from the wishes of family (including a faith family) or significant others. The journey toward forming a true self often means going beyond the containing and protective walls of faith traditions and religious culture. For many people this experience of exploration includes fear and confusion. Guilt and shame often accompany this individuation process. Additionally, pressure from the faith family to adhere to the status quo can also inhibit the process of deconstructing influencing beliefs and from moving beyond the walls of religiosity. Strategies are needed to support the individuation process so that the individual can "leave home" in order to "find a home" in oneself.

**Patricia Berendsen is a Certified Couple and Family Therapist (CCFT), Registered Social Worker (RSW), Registered Psychotherapist (RP), Somatic Experiencing Practitioner (SEP) and a Somatic Sex Education(SSE). Andrea Bessa is a Registered Psychotherapist (Qualifying) in private practice and works with Patricia Berendsen & Associates Trauma Healing Centre of London Counselling and Psychotherapy Services.**

### **Lunch Break**

**12:00PM – 1:00PM**

### **Workshop Session V**

**1:00PM – 1:55PM**

### **16. R.E.A.L. (Rational Emotive Attachment Logotherapy): A Second Wave Positive Psychology Approach Integrating Spirituality in Psychotherapy for Children, Families, and Adults**

R.E.A.L. Therapy is a novel Second Wave Positive Psychology approach to treatment that merges Rational Emotive, attachment-building, and Logotherapy techniques in a creative manner for children, families, and adults. The R.E.A.L. therapy model teaches skills aimed at enhancing meaning, healthy thinking and behaviour, and skills for social connectedness. R.E.A.L. therapy tools are used in our nationally-funded (SSHRC) school-

based program for children, which has been found to enhance mental health, meaning, and social connection in school children. The R.E.A.L. approach is “spiritual” as it taps into the client’s search for meaning. The purpose of this workshop is to engage participants with R.E.A.L. therapy tools and hands-on exercises to practice skills learned.

**Laura Armstrong, PhD, CPsych**

### **17. Archetypal dialogue: a narrative approach to self-awareness for therapists**

As therapists, our main tool is ourselves. From working through countertransference and understanding one’s own biases and beliefs, to having an authentic presence in therapy, self-awareness is a critical aspect of effective counselling and psychotherapy. Developing self-awareness can be a daunting task requiring vulnerability and a conscious and mindful effort to explore one’s inner life and work through personal conflicts. We propose a method of self-inquiry that allows dialogue between different parts of one’s Self. We will present these parts using Pearson’s (1991) twelve archetypes, which are cross-cultural personifications of universal thought and behavioral patterns. This creative method will provide a sense of security and mindful involvement using storytelling. This workshop will offer attendees a succinct introduction on the origin, purpose and possible uses of archetypes in self-awareness. Attendees will receive written documentation summarizing the key points of this introduction to archetypes, which they may use for future reference or practice at home. Following the introduction, the facilitators will present a narrative self-exploration exercise. The workshop trainers will assist attendees in their exploration of self throughout the exercise. Following this exercise, attendees will be invited to share their experience in a respectful and confidential environment.

**Nicolas Galton is a PhD student in Counselling and Spirituality at Saint Paul University. Cassandre Gratton is a PhD student in the Counselling and Psychotherapy program at Saint Paul’s University.**

### **18. The Role of Prayer in the Therapeutic Process**

People use many ways to enter into contact with the sacred: scriptural study, rituals, music or even drugs, but prayer seems to be the most common. One can ask many questions regarding the role of prayer in psychotherapy: How do I handle my client’s request to pray during a therapeutic session? What if I am not familiar with my client’s spiritual tradition? Is prayer always helpful? Can prayer become an obstacle for therapy? No amount of prayer will remove a child from harm’s way. Only appropriate action will. Nevertheless, prayer may be useful in restoring peace and calm to one’s being in stressful situations. It may be a wonderful guide in choosing one’s path, strengthening one’s purpose or working towards reconciliation in the psychotherapeutic process. For pastorally-oriented clinicians, some forms of prayer can be helpful, such as praying for clients outside of sessions. Routine in-session prayer is not always helpful as it poses significant risks. We have to consider many factors while praying with people in a counseling situation. This workshop aims to address factors surrounding the use of prayer during therapy sessions.

**Andrzej Krzysztof Jastrzębski, PhD, O.M.I., professor at Saint Paul University in Ottawa, holds a post-graduate diploma in Psychotherapy and Pastoral Counseling, a PhD in Metaphysics and Philosophical Anthropology, as well as in Spiritual Theology.**

## **Poster Session II**

**2:30PM-4:30PM**

### **Presenters**

**(See Poster Session I)**

## **Workshop Session VI**

**2:00PM – 2:55PM**

### 19. Accompanying Dementia: What are we Learning?

When someone's life is being transformed by dementia, who listens? What are the mental health needs and realities of those experiencing cognitive change? What sustains and inspires? How do we come alongside them, and their friends and family? This workshop, led by those who are actively learning, is rooted in the practicum experience of spiritual care and psychotherapy students immersed in the context of those living with dementia. In this workshop we will consider the themes predominant in the scant literature on dementia and psychotherapy, explore resources for spiritual care and dementia, and imagine possibilities for future psychospiritual support relationships. Participants will experience the potential of art therapy to open up communication of beliefs, thoughts, feelings and memories in the context of changing cognition. We will share what we are learning through engagement with long-term care home residents in image making that expresses their spirituality, while addressing common, and understandable, feelings of anxiety, depression, anger, and confusion that, without attention, can become 'symptoms' of agitation, passivity or aggression. The use of various kinds of image making, with or without words, offers residents the possibility of resolving spiritual and psychological issues beyond narrative therapy techniques.

**Jane Kuepfer, RP, PhD, Schlegel Specialist in Spirituality & Aging with the Schlegel- University of Waterloo Research Institute for Aging and Conrad Grebel University College, together with Masters of Spiritual Care & Psychotherapy students from Martin Luther University College, Grace Ann Steen and Adrienne Sweet-Nicholson.**

### 20. Resiliency in Adolescence and Mindfulness Practice

According to the National Institute of Mental Health, 25% of adolescents (13-18) are affected by an anxiety disorder, a number which has steadily grown in recent years. It is the most common mental health illness in both Canada and the US. While mild anxiety can be a normal reaction to stress and may help focus attention, moderate to severe anxiety can interfere with activities of daily living, lead to low self-esteem, depression, substance abuse, and suicidal ideation. Finding tools to support youth and build resiliency is urgently needed. Moreover, the positive mental health benefits of mindfulness or mindfulness meditation have been extolled by Buddhist practitioners and contemplative religious communities for centuries. In recent decades science has begun to examine these claims. The state of mental health among youth is of great concern. Effective, portable, accessible techniques are available to both the clinician and teen to help promote mental wellness and reduce anxiety. We believe teaching adolescents the practice of mindfulness will improve resiliency. At the Mental Health and Spirituality Conference, results of the scoping review will be shared along with a demonstration of a recommended mindfulness practice.

**Raywat Deonandan, PhD, Associate Professor, Undergraduate Director and Kelly Butler, MSc (Cand.)**

## Workshop Session VII

3:00PM – 3:55PM

### 21. The Presence of, and Search for, Meaning in Life among Women in Remission and Recovery from Anorexia Nervosa

In this workshop, participants will gain a better understanding of the nature of anorexia nervosa (AN), as well as the process of remission and recovery. Participants will learn about the medical narrative and its impact on the healing process for clients with AN. Participants will learn also about how a meaning-centered approach can provide helpful tools and strategies for supporting clients with AN in the context of counselling and psychotherapy. The workshop will also provide participants with conceptual and clinical examples (e.g., case study and potential role-plays). Emphasis will be given to using a meaning-centered framework in both assessing, conceptualizing, and working with clients diagnosed with AN.

**Caitlin Sigg, MA, RP(O), PhD (Cand.) and Judith Malette, PhD, C.Psych.**

### 22. Religious Cognitive Behavioural Therapy (RCBT) in Daily Practice: A Somatic Experience in RCBT

This workshop will address the effectiveness of Religious Cognitive Behavioral Therapy (RCBT) as applied to particular groups of people with certain mental health conditions. In addition, we will highlight somatic awareness in an effort to include the physical with the religious/spiritual and intellectual experience of RCBT. Antonio will lead the group through the practice of two RCBT techniques engaging cognitive function, spiritual thought, and somatic awareness. The group will experience Prayer with Body Awareness followed by a practice of Mr. Siracusa's devising: a Daily Rituals Exercise.

Antonio is a Registered Nurse with experience in Mental Health Nursing (BScN, Ryerson University/CAMH) currently working on his Master of Pastoral Studies for the integration of spiritual care and psychotherapy at Knox College, University of Toronto.