

# Spiritually Directed Therapy Protocol & Professional Training Program

With Beth Hedva, Ph.D.,

## Description

There is a vast supply of spiritual practices and resources that can be applied in clinical circumstances to support emotional healing. Though much of Western psychology focuses on illness, psychopathology or what needs to be “fixed”, in the face of trauma, tragedy or disaster many people do not regress, but actually *progress* and demonstrate even greater strength and compassion. We can learn to awaken these natural ‘*transpersonal*’ and ‘*transcendent*’ capacities within ourselves.

Whether one’s life has been shattered by global events like natural or man-made disasters, political conflicts, terrorism or betrayal by a family member, marriage partner, friend, or co-worker, repeated trauma and tragedy can increase the pains of emotional injury. Ancient and indigenous approaches to community health and wellness, like initiatory rites of passage, can show us how to respond to even the most radical of changes, sometimes by making us face them as spiritual tests, sometimes in other ways. Dr. Hedva integrates these insights and opportunities into her five-step model for a Spiritually Directed Therapy Protocol, as guidelines for alternative responses.

Blending modern and ancient healing approaches such as: Asian breathing practices, body awareness, energy work and intuition expansion, mindfulness, meditation, dream incubation, prayer and ceremony, guided image, symbolic process and more, Dr. Beth Hedva presents a therapeutic protocol for helping professionals:

- 1) **connect**, ground and ‘be present’ with self and others physically, emotionally, mentally and spiritually using creative spiritual resources, breath / energy work, intentional thought and intuitive awareness
- 2) **assess** and evaluate degree of shock, crises, grief/mourning, insight, resilience, psychopathology;
- 3) **listen** empathetically to foster interpersonal connection and psychosocial support
- 4) **train** clients to connect with inner creative Self, and use intuition for self-renewal
- 5) **empower** individuals to support community renewal through meaningful community involvement balanced with self-care, as a spiritually directed practice and cognitive-behavioural action plan

## Required Texts:

- 1) Hedva, Beth, Ph.D., *Betrayal, Trust and Forgiveness*, Celestial Arts/Ten Speed Press, Berkeley, CA, 2001
- 2) Hedva, Beth, Ph.D., *Spiritually Directed Therapy Protocol Manual*, Finkleman Communications, Calgary, AB, 2006