

**SPIRITUALLY FOCUSED
MEDITATION FOR CANCER PATIENTS:
A UNIQUE HEALING APPROACH FOR USE
IN CLINICAL AND PASTORAL SETTINGS**

Friday, November 18, 2011

10:00 a.m. - 3:00 p.m.

Deadline for registration is November 4, 2011.

Later registrations will be accepted,
space permitting.

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Continuing Education Office
616 North Highland Avenue
Pittsburgh, PA 15206

A SPIRITUALITY AND PSYCHOLOGY ELECTIVE
FOR PSYCHOLOGISTS AND SOCIAL WORKERS

**SPIRITUALLY FOCUSED
MEDITATION
FOR CANCER PATIENTS**

**A UNIQUE HEALING APPROACH
FOR USE IN CLINICAL
AND PASTORAL SETTINGS**



BRENDA COLE

AND

CLARE HOPKINS

FRIDAY, NOVEMBER 18, 2011

10:00 a.m. - 3:00 p.m.



PITTSBURGH
THEOLOGICAL
SEMINARY

Continuing Education Office
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Pittsburgh, PA 15206

SPIRITUALLY FOCUSED MEDITATION FOR CANCER PATIENTS: A UNIQUE HEALING APPROACH FOR USE IN CLINICAL AND PASTORAL SETTINGS

Drs. Cole and Hopkins have been developing and testing spiritually-focused meditation interventions for cancer patients for the past 10 years. Their research and clinical experiences have given them a unique opportunity to learn from patients the ways in which spirituality and religion are woven into the cancer journey, at times evoking profound spiritual struggles and at times offering meaning and comfort in the midst of human suffering. Their awareness of these spiritual dimensions has led them to develop and test spiritually-focused meditation interventions to address and resolve spiritual struggles and assist patients in strengthening and deepening their relationship to the "Sacred" within the process of coping with cancer.

In this seminar they will share the work they have been doing. From a research perspective, they will share their soon-to-be published, ground breaking results. From a clinical and pastoral perspective, they will present an overview of the spiritually-focused intervention that they have used in their research, following a semi-structured treatment manual. The manual, included in the cost of the workshop, is a resource for mental health workers and clergy for addressing spiritual dimensions of recovery from cancer with patients or church members.

OBJECTIVES

At the end of this course, you will be able to:

- Distinguish between positive and negative spiritual changes that people experience after a diagnosis of cancer.
- Differentiate between explicit spiritually focused meditations and secularly focused meditations as utilized in the field of psychology.
- Describe meditation interventions that integrate the patient's spiritual and/or religious language and imagery.
- Display familiarity with leading-edge research on the effectiveness of spiritually focused meditation for cancer patients.
- Develop initial skills in applying spiritually-focused meditation in clinical or pastoral settings.

INSTRUCTORS

Brenda Cole, Ph.D. has been a leading researcher in the field of spirituality and health for the past 10 years. For most of that time, as an assistant professor of medicine at the University of Pittsburgh, she has specifically assessed the effectiveness of spiritually-focused meditation on adjustment for people coping with cancer. She currently works in private practice as an associate of Psychological Resources in Toledo, Ohio.



Clare Hopkins, Ph.D., R.N. is professor, associate dean, and director of Carlow University's School of Nursing. Dr. Hopkins has worked with adolescent and adult populations, primarily in inpatient settings. For the past 11 years, she has been associated with researchers at the University of Pittsburgh Cancer Institute working on studies to facilitate mental wellness and effective coping through exploring spiritual interventions in people diagnosed with and treated for cancer.



FURTHER QUESTIONS 412-924-1345 or ConEd@pts.edu

COURSE SCHEDULE AND COST

Friday, November 18, 2011

10:00 a.m. - 3:00 p.m.

\$70 per person

CREDITS

4.0 Continuing Education (CE) credits

Psychologists: Pittsburgh Theological Seminary is approved by the American Psychological Association to sponsor continuing education for psychologists. PTS maintains responsibility for this program and its contents.

Social Workers, Marriage and Family Therapists, and Professional Counselors:

You can receive CE credits from CE providers approved by APA. Since PTS is approved by APA to sponsor continuing education, licensed social workers, licensed clinical social workers, licensed marriage and family therapists, and licensed professional counselors will be able to apply course credits toward their CE requirements.

REGISTRATION

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Mail completed form along with fee to:
Office of Continuing Education
Pittsburgh Theological Seminary
616 N. Highland Ave.
Pittsburgh, PA 15206
Phone: 412-924-1345

Online: www.pts.edu/CE_registration

CANCELLATION POLICY

Course fees minus a \$25 administrative fee will be refunded for cancellations before November 11, 2011. No refunds for cancellations after that date.