

# SELF-CARE AS A SPIRITUAL PRACTICE: A HOLISTIC PERSPECTIVE AND APPROACH

## A SPIRITUAL FORMATION ELECTIVE

### INSTRUCTOR

**Lynn Holden**, Licensed Professional Counselor and Spiritual Director

### OVERVIEW

We take care of the things we love, and Jesus teaches us to "love your neighbor as yourself." Join in this comprehensive conversation about the complexity and necessity of self-care. At the conclusion of the class, participants should be able to:



1. Identify and engage with familial, theological and cultural messages that support or are not supportive of self-care.
2. Recognize personal patterns from a variety of perspectives and approach those patterns with curiosity.
3. Reflect on themes of willingness, willfulness, addiction, and freedom as they present themselves in daily life and relate to self-care.
4. Articulate a basic understanding of neuroscience and the role of spiritual, behavioral, cognitive, and relational practices in the experience of formation and re-formation of the brain.
5. Utilize a variety of tools and strategies for sustainable self-care.
6. Discuss ethical implications of self-care.

This class is open to all regardless of their participation in the Spiritual Formation Certificate Program. If you are interested in learning more about the certificate program, please let us know and our office will be happy to send you details ([ConEd@pts.edu](mailto:ConEd@pts.edu)).

### SCHEDULE / LOCATION / LODGING / CES

**June 25, 2017, 7:00 p.m. - June 28, 2017, 12:15 p.m.** A schedule for the class can be downloaded [HERE](#).

This class will be held at Pittsburgh Theological Seminary, 616 N. Highland Ave., Pittsburgh, PA 15206. **Directions** to the Seminary.

Limited lodging is available on campus. Reservations can be made by contacting our Reception Office at [reception@pts.edu](mailto:reception@pts.edu) or 412-924-1397.

**14.5 CEs for licensed social workers, marriage and family therapists, and professional counselors who complete the full course. 3 of these CEs will be for Ethics.**

Registration for this course is \$375. This fee covers refreshment breaks, Monday lunch, and Tuesday lunch and dinner; all other meals and lodging are the student's responsibility.

## REQUIRED READING

Please do your best to read these books before your arrival. If you wish to be in the Spiritual Formation Certificate program, you should prepare a one-page reflection paper for each selected book; these will be collected the first evening of class. If you do not plan to seek the certificate but are taking the class for personal enrichment, the reflection papers are not required but we strongly encourage you to read the texts to get as much as possible from the class time. Books can be purchased via the [Seminary's Virtual Bookstore](#) under the Continuing Education tab.

May, Gerald G. (2007). *Addiction and Grace: Love and Spirituality in the Healing of Addictions*. San Francisco: Harper.

Palmer, Parker J. (1999). *Let Your Life Speak: Listening for the Voice of Vocation*. San Francisco: Jossey-Bass.

Also recommended:

Kelly, Thomas R. (1996). *A Testament of Devotion*. San Francisco: Harper.

Thompson, Curt (2010). *Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships*. Carol Stream, IL: Tyndale Momentum.

## QUESTIONS

Call 412-924-1345 or e-mail [Click to view e-mail](#).

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REGISTER NOW

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