



INVESTIGATING AND EXPLORING SPIRITUAL CONNECTION IN DAILY LIFE

A PASTORAL CARE AND COUNSELING PROGRAM

DATES

Session 1: Oct. 29, 2015, 7:00-9:00 p.m. **Session 2:** Oct. 30, 2015, 8:30 a.m.- 12:30 p.m.

OVERVIEW

When adversity strikes, or in the midst of ill health, mental distress, or nearing death, many people around the world draw courage and support from a sense of spiritual connection to the transcendent or the Holy. Studies also have shown that spiritual experiences enhance well-being, provide meaning or a sense of purpose, and deepen awareness of connection to self, others, nature, and the Holy. To investigate ordinary spiritual experiences such as awe, deep inner peace, giving and receiving compassionate love, gratitude for blessings, and their role in daily life, Dr. Lynn Underwood created the Daily Spiritual Experience Scale (DSES). The DSES has been used not only in research in multiple disciplines around the world, but also in multiple settings that provide direct services such as nursing, counseling, clinical, and other psychological services, coaching, hospice, chaplaincy, and ministry. Additional details about each day's program are available [HERE](#).

LEADER

Dr. Lynn Underwood has published widely in topics such as quality of life, cancer, stress, compassionate love, the role of the arts in neuroethics, and the multi-cultural understanding of ordinary spiritual experience. She created the Daily Spiritual Experience Scale. Her doctorate in epidemiology followed medical school and she is an elected fellow of the Academy of Behavioral Medicine Research. Underwood has directed foundation programs and developed projects with the World Health Organization and the National Institutes of Health. Her consulting practice helps social services agencies, hospice, addiction services, and others with strategy and program evaluation. Internationally she lectures, facilitates workshops, and does research with clients such as Harvard University and the Cleveland Clinic.

REGISTRATION ~ [CLICK HERE](#).

PARTICIPANTS MAY ELECT TO REGISTER FOR ONE OR BOTH SESSIONS.

Refund Policy: Full refunds will be provided before Oct. 8, 2015. A \$10 administrative charge will be deducted from refunds requested after Oct. 8. No refunds will be given after Oct. 15 or for "no-shows." If the program is cancelled for any reason, the liability of the program sponsors shall be limited to a full refund of registration fees.

AUDIENCE

CE Credits for licensed psychologists, social workers, marriage and family therapists, professional counselors, registered nurses, certified registered nurse practitioners, and professional coaches are available for each program.

CEUs are available for clergy and chaplains.

LODGING AND DIRECTIONS

This program will be held at Pittsburgh Theological Seminary (616 N. Highland Ave., Pittsburgh, PA 15206). On-campus housing is available via reservation by calling 412-924-1397 or e-mailing reception@pts.edu.

Directions to the Seminary can be found at www.pts.edu/directions.

QUESTIONS

Program questions: Contact Martha Robbins at 412-924-1423 or [Click to view e-mail](#)

Registration questions: Contact Liz Crosgrove at 412-661-1239, ext. 10 or [Click to view e-mail](#)

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Pittsburgh Theological Seminary
616 North Highland Avenue
Pittsburgh, PA 15206
Phone: 412-362-5610



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