

# Therapy Matters

## *A Workshop Series with Lynn Preston*

In this once-a-month series, we will delve into eight pivotal dimensions of generative therapeutic process. These workshops are an interweaving of theoretical exploration and experiential demonstrations. They are designed to be accessible and challenging to both beginning and seasoned clinicians.

### **DOING PSYCHOTHERAPY AS A SPIRITUAL PRACTICE**

**with Lynn Preston & Ruth Rosenblum**

***Wednesday, July 16th, 7:30-9:30pm***

As therapists, we've all come to know the truth of what Steven Mitchell called, "The best kept secret of our profession": Psychotherapy is growth producing for the therapist as well as for the client. How is therapy generative for the therapist and how can we therapists enter more fully into its transformational potential?

In this workshop, Lynn Preston and Ruth Rosenblum will lead us in an exploration of the therapeutic process as a mutually growth-producing experience.

We will further explore the idea that the practice of doing psychotherapy CAN BE a "spiritual practice" that cultivates:

- Openness, receptivity, empathy and compassion
- Staying present to the immediacy of the moment
- Surrendering to the process
- Listening deeply to the larger meanings of the situation
- Developing permeable boundaries

Psychotherapy is a unique spiritual practice in that it is dyadic while most other practices are individual and communal. Although therapist and client have different roles, the shared commitment to the client's healing through the pursuit of the psychotherapeutic relationship offers both therapist and client ongoing opportunities to further develop themselves and each other.

**Place: 100 W. Houston Street, between LaGuardia & Thompson Streets**

**Buzzer #2**

**Fee: \$40**

**Sponsored by the EPP - Experiential Psychotherapy Project**

**To register contact Lynn Preston at 212-995-8116 or [lynpres@aol.com](mailto:lynpres@aol.com)**