



Spirituality for Human Service Providers and Their Clients

Presented by

Bill O'Hanlon

Overview:

Therapy and spirituality? Many therapists have been taught that they shouldn't be mixed. In this workshop, however, you will learn how spirituality and therapy are inextricably bound and how to use spirituality with even the most challenging cases.

Through lecture, case examples, poetry, music and clear handouts, participants will learn new therapeutic tools and ideas that respectfully work with each client's sense of spirituality.

Objectives: Participants will be able to describe:

- A clear, practical model for using spirituality
- How to use spirituality in therapy without imposing or intruding
- How to do a rapid spiritual assessment
- How to tap into spiritual resources to solve serious and previously intractable problems (even with agnostic, difficult or skeptical clients)
- The research on spirituality, therapy and mental health

AGENDA

Spirituality in Therapy?

- What does spirituality have to do with therapy?
- Ways to access spirituality
- Research on the value of spirituality

Including Spiritual Sensibilities Into Therapy

- Spiritual Assessments
- How people get alienated, lose meaning & purpose

Developing the Inclusive Self

- Sitting with darkness
- Acknowledgement & possibility

The Spiritual Basis for Therapy

- A Grace Model of Therapy
- Changing and doing the content of the problem

Bill O'Hanlon

Bill O'Hanlon received his M.S. degree from Arizona State University in 1978 where he majored in Family Studies and specialized in Marital/Family Therapy. He worked in a variety of community mental health centers until 1982, when he established his own organization for clinical practice, outpatient therapy, supervision, and training. He is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist.

Bill was a pioneer in developing Brief Solution-Oriented Therapy and the founder of Possibility and Inclusive therapies. He has authored or co-authored 35 books and 54 articles or book chapters. His books have been translated into 15 languages. He has appeared on *Oprah*, *The Today Show*, and a variety of other television and radio programs.

Since 1977 Bill has taught over 2,000 therapy seminars around the world. He has been a top-rated presenter at several national conferences, including the Family Therapy Networker Symposium, The American Association for Marriage and Family Therapy Conference, the two major Ericksonian conferences, and the Annual Cape Cod Symposium.

He is known for his storytelling, irreverent humor, clear and accessible style & his boundless enthusiasm for whatever he is doing. His seminars are as entertaining as they are educational.

Bill presented for *J&K Seminars* in 1994, 1996, 2000 & 2007. Participants at each of these programs gave Bill very high evaluations. He is among our most effective and engaging presenters.

Approved Home Study 6 CE Hours for Psychologists Counselors Social Workers Nurses MFT AOTA

Exam Enclosed Participant Practice Level—Intermediate-

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