

The Contemplative Way

Trauma and Transcendence: Exploring the Contemplative Dimensions of Healing

With James Finley, PhD

Friday evening, October 31, 2008 –

Mid day Sunday, November 2, 2008

Sinsinawa Mound Center, Sinsinawa, WI

Target Audience:

The retreat workshop is intended for physicians, psychotherapists, psychiatrists, healthcare workers, medical and psychiatric personnel, spiritual directors, hospice workers, those in therapy, in twelve step recovery programs and all who are interested in spirituality as a resource in healing.

About the Presenter:

James Finley, PHD. lived as a Trappist monk at the Abbey of Gethsemani in Kentucky where the world renowned monk and author Thomas Merton was his spiritual director. Currently, Dr. Finley is a clinical psychologist in private practice in Santa Monica, California. He leads workshops/retreats throughout the United States, Canada and Europe. His interest is in exploring the spiritual dimensions of healing.

James Finley is the author of: *Merton's Palace of Nowhere*, *The Contemplative Heart and Christian Meditation: Experiencing the Presence of God*.

Retreat Description:

This retreat workshop explores the spiritual dimensions of healing. An emphasis will be given to discovering and drawing upon the healing power of contemplative awareness.

Topics include:

- ✦ What is spirituality?
- ✦ What is trauma?
- ✦ What is the traumatization of our spirituality?
- ✦ What is the spirituality of trauma?
- ✦ Meditation as a grounding place in the healing journey
- ✦ Becoming a contemplative healer

The examples used in the retreat workshop are drawn from the leaders personal and professional experiences as a clinical psychologist working with adult survivors of child abuse and emotion deprivation, people in 12 step programs, and those who want spirituality to be a resource in their healing process.

Emphasis will be on content, experience and practical applications.

UW^{Health}
Integrative Medicine
uwhealth.org/integrativemed

Sponsored by
UW Health
Mindfulness Program
Madison, WI

Retreat Fees:

The retreat fee of \$300 includes six meals, single room lodging with shared bathrooms, and a nonrefundable registration fee of \$50. There is limited availability for lodging at Sinsinawa Mound Center; however there are a number of places to stay in the Dubuque area. A commuter fee of \$190 includes retreat fee, six meals and a nonrefundable registration fee of \$50. Should you cancel your registration before October 24th; you will be refunded the entire retreat fee less \$50. No refunds will be made after that time unless we can fill your spot.

Retreat Attire:

Casual, comfortable attire.

Three Easy Ways to Register:

By Mail: Return your completed registration form and payment to: UW Health, ATTN: Allyssia Borski, 595 Science Drive, Suite A, Madison, WI 53711.

By Phone: 608/265-5841. Please call and give your billing information or pay by MasterCard or VISA.

By Fax: 608/890-8568

Confirmations:

All registrations are confirmed in writing with retreat details once registration form and fee are received. This will serve as your receipt. If you do not receive a confirmation, please call (608) 263-5841.

For Further Information:

For retreat information please see our website at www.uwhealth.org/integrativemed or contact Allyssia Borski, (608) 263-5841, UW Health, 595 Science Drive, Suite A, Madison, WI, 53711 or aborski@uwhealth.org.

For more information about the Sinsinawa Mound Center please see www.sinsinawa.org. For information on James Finley, PhD see www.contemplativeway.org.

The Contemplative Way Trauma and Transcendence: Exploring the Contemplative Dimensions of Healing

Friday evening Oct. 31, 2008 – Mid day Sunday, Nov. 2, 2008

Step 1 Participant Information:

Name: _____

Address: _____

Phone number: _____

Email: _____

Emergency Contact:

Name: _____

Phone number: _____

Is this your first retreat experience? _____

Have you had previous experience with meditation, tai chi or yoga? _____

Do you have any physical limitations or challenges we should know about? _____

Step 2: Registration Fees

Retreat Fees: \$300 overnight guest \$190 commuter
(please circle one)

If paying by credit card: VISA MASTERCARD

Credit card #: _____ - _____ - _____ - _____

Exp date: _____ / _____

Signature: _____

If paying by check please make the check payable to UWHC

Step 3: Send your registration form to:

Allyssia Borski, UW Health, 595 Science Drive, Suite A, Madison, WI 53711 or Fax 608-890-8568

Cancellation Policy: Full refund less \$50 processing fee if you cancel your reservation by October 24, 2008. No refund if you cancel after October 24, 2008, unless we are able to fill the space from the wait list.

This is a retreat workshop experience. There will be times dedicated to silence and opportunities for rest, and self reflection. There will also be times dedicated to conversations and group dialogue. Please dress in comfortable clothing as there will be movement and opportunities to enjoy the outside environment.

If you are staying at the Sinsinawa Mound Center, please remember that the bathrooms will be shared. Your linens will be provided.