

EAPA PITTSBURGH CHAPTER

INTERNATIONAL



LABOR • MANAGEMENT • CONSULTANTS

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MAY MEETING ANNOUNCEMENT

When: Tuesday, May 17, 2005, hosted by Greenbriar

Where: Greenbriar Treatment Center–800 Manor Dr, Washington, PA 15301

Directions: 79 South to Beau St exit (exit 20), go to 1st red light and turn right, go approximately 2 blocks and turn right, pass Salvitti eye clinic. Green briar is behind the eye clinic.

Time: Registration - 8:30AM –9:00 AM

Introductions & Business Meeting - 9:00AM –9:30 AM

Program - 9:30AM –11:30AM

“Spiritual Fitness with Clients: A Mind, Body, Spirit Approach to Mental Health”

Program Description:

Clients often receive help with their mental and emotional health, but the spirit is rarely addressed in the context of the client's mental wellness. Spiritual fitness is a program for the client that allows him/her to assess the role of spirituality in their wellness. Finding their center and getting in touch with the spirit is often the cure for feeling of emptiness that are prevalent in anxiety, depression, addiction and other disorders. The assessment determines whether spirituality and/or religion have helped or blocked their personal growth. The next step is to heal past blocks and powerfully incorporate strengths into the life of the client.

Goals:

Participants will identify strengths and weaknesses in their spiritual awareness.

Participants will use techniques to remove blocks to spiritual awareness

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Participants will use strengths in their spiritual history to ground them in their spirituality.

Participants will learn ways to use spiritual strengths for mind/body/spirit health.

Methods:

Participants will use a mini-spiritual assessment tool to identify strengths and weaknesses in their histories

Participants will understand relaxation/hypnosis exercises that remove blocks to spiritual awareness.

Participants will discover ways to incorporate spiritual strengths

Presenter: Nancy Mramor PhD is an educational, health and clinical psychologist, specializing in mind-body-spirit issues, stress management, hypnosis and Eye Movement Desensitization and Reprocessing. She has worked in schools, hospitals, private practice, and educational television for the past 27 years. She was voted one of Western Pennsylvania's most successful women in 1995. Her work on mind body and spirit issues has been presented both nationally and internationally and at the American Psychological Association's Women's Health Conference. Nancy is a regular contributor and guest on WQED and KDKA-TV. She recently released her book, "Spiritual Fitness."

Moderator: Patty Epps

Fee: A \$15 guest fee will be charged to non-members and a \$5 guest fee will be charged for full time students with a current, validated I.D. (There will be a \$10 surcharge for all returned checks.)

Professional Development Hours: PDH 's for CEAP 's for LSW 's and CAC 's are pending and will be awarded at the close of the meeting.

IMPORTANT DATES, AND OTHER NEWS OF INTEREST:

Future Pittsburgh Chapter EAPA Meetings: Third Tuesday of the month except August (no meeting).

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June 21, 2005 – Hosted by White Deer Run/ Cove Forge

July 19, 2005 – Hosted by Pyramid

August – no meeting

Chapter members wishing to make additions, deletions or any other changes to the mailing list, please email to pzahniser@lytleap.com or fax to Al Moore at 412-201-5702.

We are attempting to decrease mailing costs by providing the EAPA Chapter Newsletter via e-mail. If you do not have access to a computer and need to have the Newsletter mailed to you, please contact Al Moore at the address below.

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THANK YOU FOR YOUR COOPERATION!!!!

Visit our web page (under construction) – www.EAPA.net/Pittsburgh
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