

THE TAO OF EMOTIONAL AND SPIRITUAL MATURITY – A COMPREHENSIVE MODEL OF HEALTHY HUMAN DEVELOPMENT

Today we are capable of a model of human development that recognizes and accounts for the full spectrum and dimension of human experience, and the continuum of psychological, emotional, and spiritual maturity.

**Join us this early fall weekend in Acadia for the latest in our series
Foundations of Spiritual Psychology.**

OCTOBER 1 and 2, 9:30-4:30

**WITH PAUL WEISS
at The Whole Health Center in Bar Harbor**

This workshop brings together brain science, modern psychology, and the insights of spiritual psychology to offer an integral and expanded model of human development.

We will look at the characteristics of mature human behavior and potential, as well as at the factors that contribute to, or limit, their realization.

We will give equal attention to those factors that are dependent on healthy parent/child attachments, and those that are dependent on the mysterious realm of personal healing, personal choice, and spiritual growth.

As such, we will take a fresh look at the nature of the therapeutic process in the light of neuroscience and this psychological-spiritual model. We will examine the pioneering work of such authors and therapists as Daniel Siegel (The Mindful Brain), Jeffrey Schwartz (The Mind and the Brain), and Rick Hansen (Buddha's Brain).

Part Two will focus on experiential exercises; and on clarifying those personal and therapeutic practices which can give our clients the tools they need to activate their capacity for mindful intervention in automatic behavior. These tools also support growth throughout life into our full and mature psychological and spiritual potential. Our work will incorporate the modeling of that attuned listening and communication which deepens group and individual presence, and supports our learning together.

This program is open to anyone. It offers twelve contact hours for social workers and counselors. Contact us if you would like a course outline. Cost: \$145.00. (Saturday only: \$85.00). To register or for more information call The Whole Health Center at 207-288-4128 or email info@thewholehealthcenter.com.

Paul Weiss has been Director of The Whole Health Center since 1981. His counseling practice with individuals, couples, and groups reflects his over forty years training in Buddhist meditation and psychology and other spiritual disciplines, emotional integration work, and communication process. He has been offering workshops in the Foundations of Spiritual Psychology series since 2008.

“Paul Weiss is a great teacher and healer with decades of experience and proven results. I find his work scientifically informed, pedagogically sound, clinically relevant, and personally fulfilling. With a true marriage of heart and head he is able to offer us, from his unique and authentic perspective, a broad and compelling vision of how to bring a vital spiritual dimension into psychology.”

Steven L. Chorover, Ph.D., Professor Department of Brain and Cognitive Sciences, M.I.T.