



P S Y C H O T H E R A P Y & S P I R I T U A L I T Y I N S T I T U T E

SPRING

2009

COURSES & WORKSHOPS

Psychotherapy & Spirituality Institute
212.285.0043

TREATING MIND AND SPIRIT AS ONE

*Your work is to discover
your work and then,
with all your heart, give
yourself to it.*

—Buddha

PSI's programs touch the broadest public need for helping and healing. As an independent 501(c)(3) non-profit organization with clinicians licensed by the State of New York to provide mental health services, we offer individual and group psychotherapy and counseling services (on a sliding scale) for the general public. Our special programs support distinct populations, including: Returning Veterans from Iraq and Afghanistan; women and children in Brooklyn's growing Muslim and Arab communities; continuing education and supervision of clergy for pastoral care and counseling; and, most recently, Wall Street groups coping with the stress of the financial crisis. We also offer 12-Step recovery workshops for addictions of all kinds; family and marital (including pre-marital) counseling; and, programs of creative arts therapies in schools and for adults, families, and children.

PSI is interested in understanding your spiritual journey as well as your emotional and psychological needs. We are uniquely qualified to address the connection between mind, body and spirit and the role of spirituality in psychological care and hope. Our interdisciplinary staff includes psychologists, pastoral counselors, psychotherapists, clinical social workers, marriage and family therapists, creative arts therapists, educators, interfaith clergy, and spiritual directors and counselors.

Caring, experienced therapists and counselors in our four New York City locations: Downtown/Wall Street, Midtown/East Side, Lower Manhattan/West Village, and the Upper West Side. We have provided services to the people of New York City and beyond since 1975 and are an inclusive organization serving people of all religious faiths, spiritualities, ethnic backgrounds and sexual orientations.

Wednesday, May 13 | 6:30pm-8:00pm

Psychotherapy & Spirituality Institute

74 Trinity Place | 2nd Floor Parlor

SPIRITUALITY & THE WORKPLACE: FINDING SERENITY IN TIMES OF UNCERTAINTY

Westina Matthews, PhD

Receive support for creating space and time to slow down, reflect, and be still. You will experience meditation, journaling, reflection and periods of silence; and leave with resources and suggested practices for finding serenity and inner peace during these times of uncertainty in the workplace.

Call 212 285-0043 x11 or e-mail mark@psi-mindspirit.org
for more information