

Title of Event: National Congress on Spiritual Sexuality and Sexual Healing: Healing the Body, Freeing the Spirit

Dates of Event: October 29-31, 2010

Address of Event: Hotel Pennsylvania, 401 7th Avenue and 33rd Street, NY, NY 10001

Phone: 203-227-5238

Email: ASPSpiritandPsych@gmail.com

Presenters (in order of appearance)

Michael Mirdad, Ph.D./ Exploring Spiritual Tantra

Dr. Mirdad will teach healing through energetic bodywork, intuition, emotional release, and spiritual refilling. He will also offer insights and methods for enhancing love and intimacy, awakening vitality and passion, as well as how to find and release trauma and/or inhibition stored in the body

Dr. Michael Mirdad, renowned Spiritual Teacher and Healer, is the best-selling author of *An Introduction to Tantra and Sacred Sexuality* and *You're Not Going Crazy . . . You're Just Waking Up!* Michael has conducted thousands of classes, lectures, and workshops on Intimacy, Spirituality, Relationships, and Healing. He is one of the few teachers in the western world with 30 years of tantric teaching and practice and is the founder of "Spiritual Tantra." His vast knowledge and wisdom combined with his personal warmth, humor, and integrity has earned him the title of "A Teacher's Teacher" and "A Healer's Healer" from students, teachers, and authors around the world.

Jalaja Bonheim, Ph.D./ The Path of Sexual Priestess

Dr. Bonheim will show how the sexual priestess is not only a historical figure, but also an immensely powerful archetype that is presently resurfacing full force in the lives of contemporary women. When a woman begins to live from that center of power, she reconnects with a wisdom that is ancient, radically transformative, healing, joyous, and life-affirming. Jalaja herself was trained in India in the Tantric tradition of the Indian temple dancers. Today, she'll help us understand what it means to walk the path of the priestess in the context of modern life, and how to do so with integrity, authenticity, and joy.

Author of four books, including *Aphrodite's Daughters: Women's Sexual Stories* and the *Journey of the Soul and The Hunger for Ecstasy*. As the Founder and Director of the Institute for Circlework, she leads workshops and trainings for women in the US, Israel, Palestine, and Afghanistan. www.jalajabonheim.com

Rich Borofsky, Ed.D. & Antra Kalnins Borofsky, Ed.M./Being Together: Intimacy as a Spiritual Path

Rich and Antra Borofsky will present their work on intimacy as a spiritual path. The word "intimacy" means what is innermost. What is innermost in us is an aware, spacious, eternal presence that is none other than Love itself. To realize, to manifest and to share this loving presence is the heart of spiritual life. In this presentation we will explore how emotional and sexual intimacy can be a path for allowing, welcoming, and celebrating this loving presence that is the heart who we are most truly.

Rich Borofsky, Ed.D. & Antra Kalnins Borofsky, Ed.M. are co-directors of the Center for the Study of Relationship in Cambridge, MA. where they provide therapy and workshops for couples. They also offer their Being Together workshops for couples nationally. They are contributing authors to *On Intimate Ground: A Gestalt Approach to Working with Couples*; *Wisdom & Compassion in Psychotherapy* (in preparation); and *Joyful Wedding: A Spiritual Path to the Altar*. Antra, is Gestalt therapist and Marriage and Family therapist; Rich is a Clinical Psychologist. They are both long time Zen students. They have been a couple for 40 years. Their website is www.beingtogether.com.

Lee Holden/ The Tao of Sexual Secrets

Lee Holden will teach how sexual Energy, physical vitality, and spiritual connection all are part of the same life force energy manifest in different ways. Lee Holden is an internationally known instructor in meditation, sexual alchemy, tai chi, and qigong, lecturing and teaching workshops in the United States, Europe, and Asia. Holden brings to his practice passion, depth of knowledge, and diversity of experience, including international study and teaching; editing, writing, and consulting in conjunction with leading experts; and extensive athletic training and accomplishment. Holden is the founder of Santa Cruz Integrative Medicine and Chi Center, one of Northern California's premiere wellness practices, which is dedicated to promoting overall health and well-being by providing the highest quality treatment, education, and consultation. www.pacifichealingarts.com

Mary Sise, ACSW/ Energy Psychology and Healing from Sexual Trauma

Mary Sise is a specialist in treating Trauma: When the Terror of the Past Hijacks the Ecstasy of the Present. When the body experiences a sexual trauma, consciousness fragments and the body, once it is triggered, prevents the person from being fully present in sexual encounters. The sacred pleasures are overpowered by the triggered terror and no matter how hard a person tries to stay present, it is nearly impossible. This session will discuss the mechanisms of trauma, how it impacts current sexual functioning and strategies to reclaim the soul fragments trapped in the past.

Mary Sise, LCSW, D.CEP a Licensed Clinical Social Worker and Diplomat in Comprehensive Energy Psychology has a private practice in the Albany, NY area. In addition to being traditionally trained, she integrates energy therapies into her work and has trained hundreds of therapists in these methods. Past-President of the Board of Directors for the Association for Comprehensive Energy Psychology, she has presented at conferences both nationally and internationally on the use of energy therapy for trauma. A former adjunct professor at Siena College, she has produced numerous training videos, teaches an eight week on-line course in trauma and energy psychology and is the co-author of *The Energy of Belief: Psychology's Power Tools to Focus Intention & Release Blocking Beliefs*. www.integrativepsy.com/biography.asp

Andrew Harvey, P.C./ Embodying the Light: Spiritualized Sexuality

Andrew Harvey will present his vision of the Cosmos as a sacred marriage of transcendence and immanence, light and dark, masculine and feminine. From this he will go onto explore what he calls the Tantra of Tenderness, the natural human Eros that flows from the inner fusion of opposites and give 3 mystical practices.

Andrew Harvey is an internationally acclaimed poet, novelist, translator, mystical scholar, and spiritual teacher. Harvey has published over 20 books including *Son of Man* (Tarcher/Putnam) and *The Return of the Mother* (North Atlantic Books). Harvey is a Fellow of All Souls College Oxford from (1972-1986) and has taught at Oxford University, Cornell University, The California Institute of Integral Studies, and the University of Creation Spirituality, as well as, various spiritual centers throughout the United States. He was the subject of the 1993 BBC film documentary *The Making of a Modern Mystic*. He is the Founder of the Institute for Sacred Activism in Oak Park, Illinois, where he lives. www.andrewharvey.net

Gina Ogden, Ph.D./ Sex, Spirit, & Shamanism: The Healing Connection

Gina Ogden offers guidance on combining crucial elements of sex therapy and shamanic practice through her multidimensional "ISIS" model, a contemporary medicine wheel. She describes diagnostic uses of sacred geometry and drummed journeying, demonstrates healing functions of shamanic tools such as feathers and shells, and teaches transformational techniques such as "hucha miqui," a sacred breathing exchange that feeds the earth while clearing our chakras for sexual connection and meaning.

Gina Ogden has had a distinguished career as a sex therapist, family therapist, researcher, teacher, and author. She conducts retreats and training workshops internationally, lectures widely, leads teleseminars for professionals, and has appeared on the media from talk radio to the Oprah Winfrey Show. She has written seven books on women's sexual health, pleasure, and the meanings of sexual relationship. Her most recent books are: *The Return of Desire* (2008), *Women Who Love Sex* (2007), and *The Heart and Soul of Sex* (2006) <http://www.ginaogden.com>

Stuart Sovatsky, Ph.D.

Post Conference Workshop Description in Post Conference Information

Dr. Sovatsky is Co-President of the Association for Transpersonal Psychology, www.atpweb.org, co-convener of the World Congress on Psychology and Spirituality (in India), author of *Eros Consciousness and Kundalini* and has chanted in private audience with Yannous Drnovsec, Chair of Unaligned Nations of the World. He practices psychotherapy in California and employs his extensive study of Yoga and Kundalini in his work with individual and especially couples as a doorway to personal and interpersonal liberation. <http://home.jps.net/~stuartcs/about.html>

Post Conference Workshops

Sunday, October 31, 2010

9 am to 5 pm

Andrew Harvey, P.C.

“Embodying the Light: Practices for Tantric Tenderness”

Andrew Harvey will present his vision of the Cosmos as a sacred marriage of transcendence and immanence, light and dark, masculine and feminine. From this he will go on to explore what he calls the Tantra of Tenderness, the natural human Eros that flows from the inner fusion of opposites and give 3 mystical practices.

Mary Sise, ACSW

“Energy Psychology for Clearing Sexual Trauma”

In this full day workshop, participants will be taught how to use energy psychology methods to transform traumatic incidents. Using a 4 stage model of trauma treatment, we will discuss how and when to use these simple techniques to strengthen ego states and process traumatic material in a safe way, including for clients who have been multiply traumatized. Even if you have been practicing energy psychology methods for years, this workshop will enhance your ability to work with traumatized

Michael Mirdad, Ph.D.

“Exploring Spiritual Tantra”

“Exploring Spiritual Tantra” Spiritual Tantra is unique in that it can be as sensual as any other form of Tantra but asks that there first be certain guidelines including: loving respect, safety, responsibility, communication, and trust. Spiritual Tantra is also unique from some forms of Tantra (such as sexual Tantra) in that it includes healing and spirituality as part of its primary curriculum or primary focus. The goal of this workshop is to teach healing through energetic body work, intuition, emotional release, and spiritual refilling. This workshop also offers insights and methods for enhancing love and intimacy, awakening vitality and passion, as well as how to find and release trauma and/or inhibition stored in the body.

Stuart Sovatsky, Ph.D.

“Tantra, Romantic Love and Foucault’s Ars Erotica”

Kundalini-tantra, sahaja hatha yoga and kirtan chanting belong to what Foucault called arserotica, “estatic erotic arts,” and map stages of development and modes of sexual “worship” beyond conventional physiology, psychology and sexology. For thousands of years in India, the study and practice of Kundalini was considered by many the key to the most advanced spiritual possibilities of the human soul. In this workshop, one of the few spiritual

teachers in the West to have researched and studied Kundalini in its true depth will lead us in an exploration of this often misunderstood but fascinating and profound spiritual path, using simple non-erotic exercises, erotic poetry and theoretical discussion to enhance both our personal and our clinical maturation.

Why this National Congress?

- At this time of economic, political and ecological turmoil in the world, why a national congress on spiritual sexuality and sexual healing?
What is most needed now in the world is a deeper sense of connection with who we really are, and a deeper sense of bonding with our families, friends and colleagues. For thousands of years many of the great spiritual traditions of our planet have pointed us in a particular direction-- the realm of sacred sexuality.
- But in our present culture sexuality is not an easy realm to explore. Sexuality is deeply misunderstood. It is either laden with guilt and shame, the focus of wounding and abuse, commercialized and trivialized, or seen as an easy path to so-called enlightenment.
- The goal of enhanced pleasure in our lives is something we all can applaud. But the great spiritual traditions point to something deeper- the possibility that sexuality can be the gateway to our deepest healing and spiritual maturation.
- It is in this spirit that the Association for Spirituality and Psychotherapy is bringing together the nation's experts in the exploration and teaching of spiritual sexuality and sexual healing. Join us for this transformative weekend national congress to include: a mixture of exciting talks, gentle experiential work, movement and artistic performance, with the option of a third day of post-conference workshops that will afford us the opportunity to work in smaller groups with some of our presenters. Together we will embark on a sacred adventure into the realm of our deepest maturation and healing.

Conference Chairman: Henry Grayson, Ph.D.

Co-Chairman: Kenneth Porter, M.D.

How this Conference is Unique

- Provides an interactive, spiritual, scientific and clinical forum in the area of spirituality, sexuality, psychotherapy, and healing for psychotherapists, health care professionals, healers, religious professionals, and others interested in the convergence of these areas.
- Creates a bridge between old systems of knowledge and emerging creative paradigms.
- Provides a community in which attendees can openly discuss sexual and spiritual issues in their clinical practice and in their lives.

Benefits of Attending

- Learn cutting edge applications of age-old truths and practices in spiritual sexuality
- Learn practices from many diverse areas of knowledge: Tantra, Taoism, Jewish mysticism, Christian thought, Buddhism, and shamanism.
- Learn from leading experienced clinicians how they integrate spiritual principles with sexuality in their personal lives as well as their clinical practice
- Meet, network, and contribute your ideas, beliefs, values and practices to this large gathering of like-minded people.

- Learn effective ways to heal sexual trauma.

Who should attend?

Psychotherapists, psychoanalysts, physicians, nurses, pastoral counselors, clergy, counselors, educators, body workers, healers, and any others interested in the convergence of spirituality and sexuality with psychotherapy and with personal healing.

Conference Fee if Postmarked By October 7, 2010- \$230

Conference Fee if Postmarked After October 7, 2010- \$255

Conference Fee at the Door or after October 28, 2010 - \$275

(Full time students, retirees, clergy, & ASP Members deduct \$40 (Only one discount per person allowed))

Post Conference Workshop Selection (below):

\$125 Fee for Post Conference, Workshop Only

(Full time students, ASP members, retirees, and clergy may deduct \$20 from post conference fee)

Please Number your choices 1, 2, 3 below, and we will make every effort to give you your choice.

___ Michael Mirdad, Ph.D., "Exploring Spiritual Tantra"

___ Mary Sise, ACSW, "Energy Psychology for Clearing Sexual Trauma"

___ Andrew Harvey, P.C., "Embodying the Light: Practices for Tantric Tenderness"

___ Stuart Sovatsky, Ph.D., "Tantra, Romantic Love and Foucault's Ars Erotica"

Continuing Education Credits are offered for Social Workers and Mental Health Counselors: 14 hours for the two day conference, and 6.5 hours for the Post Conference Workshop. The Association for Spirituality and Psychotherapy maintains responsibility for this program.

Payment Method, please circle one:

Check Money Order Mastercard Visa

Credit Card # _____ Exp. Date _____
(please print carefully)

Total: Please check appropriate box(es) below:

_____ Conference, Postmarked **before** October 7th - **\$230**

_____ Conference, Postmarked **after** October 7th until October 28th - **\$255**

_____ Conference, Fee for **RETIRED, CLERGY or STUDENTS** deduct \$40 from above fees.
(must bring in Photo ID on Conference Day if paying a discounted rate)

_____ Add Post Conference Workshop- **\$125**

Total for Credit Card Charge _____

Signature _____

Three ways to Register

Mail to: Association for Spirituality and Psychotherapy, Inc.
P.O. Box 1377
New York, NY 10163

Fax: (212) 808-8195

By Phone: (203) 227-5238

Hotel:

Hotel Pennsylvania
401 7th Avenue
New York, New York 10001
Telephone 212-502-8114
(For room reservations, mention the ASP Congress on Spirituality & Sexuality)

Refunds and Cancellations:

Full refunds, minus a \$35 administrative fee, will be available if you call by, or send a letter postmarked by October 13. **No refunds after that date.**

Confirmation:

You will receive an email confirmation from us if we receive your registration by October 20. After that date your registration will be held for you at the door for the day of the conference.