

Transpersonal Psychology Training

Introduction to Psychosynthesis – “The psychology with a soul”



Mary Hayes Grieco

**An inspiring one-day seminar
for counseling professionals**

FRIDAY, MAY 1, 2015 • 8:30am to 4:30pm

“Psychosynthesis offers depth and breadth to our understanding of the human journey to health, freedom, and purposeful living. This seamless blend of Eastern wisdom and Western psychology offers a timeless vision for the practice of psychology and for the evolution of the human race. Dr. Assagioli’s ‘smiling wisdom’ is ever-fresh.”

— **Mary Hayes Grieco**

Here’s what people are saying:

“Mary Hayes Grieco is a gifted and inspiring presenter with a wealth of knowledge. In the training she presented for the European Branch of the American Counseling Association, our members gained valuable skills to use in their counseling practices. It was a very enriching experience, and I am using my new knowledge with clients already.”

— Frankie Nielsen, Ed.D. Past President,
American Counseling Association, European
Branch (EB-ACA)

“Wonderful - I plan on using some of these transpersonal psychology tools right away with my clients who are open to it. I appreciate the balance of the logical and the spiritual.”

— Anne, MSW, Seminar attendee 2013

“This training is the best! I love how it brings the spiritual component alive in counseling, and I believe that’s how real healing takes place.”

— Stephen, LP, Seminar attendee 2014

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**The Carondelet Center, 1890 Randolph
St. Paul, MN 55105**

Cost: \$95, Group Rate: two or more \$75 each

Seminar schedule

8:30 – 9:00	Registration and continental breakfast
9:00 – 10:30	Part I: Synthesis <i>Bringing Soul and Personality Together</i>
10:30 – 10:45	BREAK
10:45 – 12:15	Part II: Sub-personalities <i>Get Your House in Order!</i>
12:15 – 1:15	LUNCH
1:15 – 3:00	Part III: Healthy Energy Hygiene <i>The power of energy awareness</i>
3:00 – 3:15	BREAK
3:15 – 4:30	Part IV: The Act of Will <i>The ultimate challenge for all of us</i>

REGISTER: 612-874-6622

Online at www.forgivenessstraining.com

Transpersonal Psychology Professional Training: Introduction to Psychosynthesis Friday, May 1, 2015 – St. Paul, MN

An inspiring one-day seminar for counseling professionals who want to incorporate holistic and spiritual healing methods into their practice

Psychosynthesis, fondly dubbed “the psychology with a soul,” is the life work of Italian psychiatrist, Dr. Roberto Assagioli, (1888 – 1974) and it continues to attract enthusiastic followers in counseling practices around the globe today. Dr. Assagioli developed a brilliant and balanced theoretical base that incorporates the power of the soul into the healing of the personality, giving practitioner and client a common spiritual language, as well as simple therapeutic techniques and tools that promote rapid growth and healing.

Psychosynthesis integrates Eastern spirituality with Western psychology and it also advances

an inspiring vision of humanity's highest potentials. Like other transpersonal psychology, Psychosynthesis emphasizes the importance of spiritual experiences and higher states of consciousness to support and empower the personality's journey into health, maturity, and the joy of living purposefully.

This training will provide an introduction and an overview of the important components of Psychosynthesis; we will also focus in on specific aspects and simple tools that will rapidly enhance and support your work with clients.

This workshop has been designed to provide 6 CEUs for mental health professionals

In this workshop you will:

Discover a model of universal spirituality

that is non-religious which can give you and your clients a common language for spiritual growth and can be used in secular settings and with clients of various faith paths

Understand the concept of “synthesis,” the process of harmonizing disparate elements of the personality, with the helpful wisdom and energy of the soul

Review and practice techniques in four important aspects of Psychosynthesis:

- soul/personality awareness
- how to work with sub-personalities
- the importance of managing the subtle energy body
- the effective use of the will

Develop strategies for applying Psychosynthesis techniques in your clinical practice

Mary Hayes Grieco is the author of *The New Kitchen Mystic* and *Unconditional Forgiveness*, and is the director and lead trainer of **The Midwest Institute for Forgiveness Training**. Mary studied with her mentor Dr. Edith Stauffer, PhD, director of Psychosynthesis International, from 1986 to 1996. Edith trained with Dr. Assagioli for three years before his death in 1974. Psychosynthesis theory is foundational in Edith and Mary's transformative healing work, *Unconditional Forgiveness*, which has been taught as a workshop for nearly forty years.



Dr. Edith Stauffer (1909-2005)
and Mary Hayes Grieco in 1999

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