



# Institute for Professional Development

The Rosa J. Kolker Professional Development Series

## Mysticism & Mental Health: A Dialogue for Clinicians

**January 17, 2024**

**12:00 – 1:00 pm**

via Zoom Video Conferencing

**1.0 Category I CEU**

### In this session, participants will:

- Gain insight into the critical discussions surrounding mysticism and mental well-being.
- Prepare for engaging clients in meaningful discussions on mysticism and related topics.
- Practice critical thinking surrounding clients' pursuit of meaning and purpose.

Featuring:

**Alexis Donkin, B.A.**

**Intuitive Life Coach**

Through an open Q&A forum, this session will inform professionals of the ongoing critical discussions regarding mysticism and its relationship with mental health.

A subject of ongoing debate, contemporary research indicates an emerging avenue for a thoughtful discourse connecting mysticism and mental well-being. Mental health professionals nationwide report a rise in clients seeking guidance on readings, mysticism, mediumship, and intuitive holistic coaching.

While many maintain a sense of doubt, others contend that integrating mysticism and spirituality into therapy can be a valuable tool, addressing fundamental facets of human existence, such as the pursuit of meaning, optimism, and purpose. Irrespective of where one stands on the controversy, rising interest in mysticism among clients necessitates providers have a thorough understanding of the topic.

*General Public: \$25.00*

*Jewish Day School Educators / JCS Retirees / NJHSA Members: \$20.00*

*JCS Baltimore Staff, Board, Council Members / Staff of Associated Agencies: FREE*

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*Jewish Community Services is approved by the Maryland Board of Social Work Examiners to sponsor Continuing Education for social workers (psychologists and licensed professional counselors).*

*Jewish Community Services maintains responsibility for this program and its content.*

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